Upcoming Events for the Traditional A.A. Student Mount St. Mary's College, Doheny Campus

Volume 44, Issue 1 August 25, 2014

WELCOMING MESSAGES:

A Message from the Associate Program Dean



Goal Set, Goal Met!

As Dean of the Associate Programs, I want to welcome you (or welcome you back) to the Doheny campus. The beginning of a school year is always exciting, meeting new friends or reconnecting with old ones; experiencing new instructors and challenging courses.

As you begin your first or second year in college, have you thought about setting one or two academic

goals for yourself this semester? Think about what might be keeping you from taking full advantage of your courses. You could promise yourself to finish writing each paper two days before it is due, so that you have time to edit it or that you will do ALL of the reading each week for each class.

Be sure also to promise yourself a reward for completing the goal. Don't make it food – too often we eat to celebrate. If you have kept that resolution for all of September, celebrate by going to the movies with a friend or spending the day with your sister, or whatever you love but never have time for. Each month reward yourself with something that makes you happy. By December, you will hopefully be able to reward yourself with good grades in your courses and having completed your goal. Then you can say "Goal Set, Goal Met!"





A Message from the Assistant Dean

Welcome to all new and returning students.

As Assistant Dean, I look forward to interacting with you this year. This is a turning point in your life as you maneuver through this college journey. Let me assure you as the Assistant Dean, I will be available to motivate and encourage you on your path to academic success. You are embarking on a time in your life

where you will grow intellectually by leaps and bounds. In order to do this, you must study, manage your time effectively and ask questions because the best is yet to come.

I look forward to meeting with you; please feel free to contact me at any time. My office is located in Building 2, first floor. Remember, I am here to assist you in succeeding at Mount St. Mary's College.

Good luck and have a great academic year.

Jeanette Stone

ATTENTION ALL FRESHMEN

SPR 85 – Introduction to College Studies Tuesday, August 26th - 1 p.m. – 2 p.m. Please meet in the Rose Hills Auditorium.

Mount in the City presents
Los Angeles Dodgers vs. Arizona Diamondbacks
At Dodger Stadium

Must Register With MSMC ID and \$10 refundable deposit required.
All you can eat!
Event is open to BOTH Commuters and Residents

Friday, September 5, at 6:00PM Sign-ups begin first week of school in Hannon Hall First Floor (Chalon)

Movie Night

Saturday, August 30th, 2014



Come watch a movie and enjoy snacks while creating your own rainhow looms!



Time: 7:00pm-9:00pm

Mount Mobile App Just Released!

Available <u>August 25, 2014</u>, is the *beta* version of the mobile app called – **Mount Mobile.** From your mobile device, you will be able to use the following features:

View Courses & Course Schedule Access Grades

View Courses & Course Schedule Campus Maps (Chalon and Doheny) Important Numbers

Bookstore (by Campus)

Dining (daily menus by Campus) Shuttle Schedule (in process)

Social Media Access (Facebook,

Twitter, Instagram, YouTube)

To load the MSMC Mobile App on your mobile device, please follow these steps:

News

Event Calendar

About MSMC

Academic Calendar

View Notifications

Android Device (Galaxy) – Go to Play Store, search & select Ellucian Go (free app), and select MSMC (after first selection, the app will automatically load the MSMC Mobile App without re-selection).

IOS Device (iPhone) -- Go to App Store, search & select Ellucian Go (free app), and select MSMC (after first selection, the app will automatically load the MSMC Mobile App without re-selection).

Log into Mount Mobile by using your Mount Credentials (user name/password).

Phase 2 of the Mount Mobile app will be released January 2015 and may include additional features such as <u>Registration</u>.

Your feedback will be requested in October to learn about your experience as a user of the Mount Mobile application.

Join in and be an Early Adopter!

FROM THE REGISTRAR'S OFFICE:



MONDAY,
SEPTEMBER 1, LABOR DAY
THE COLLEGE IS CLOSED

DEADLINES
TUESDAY, SEPTEMBER 2

LAST DAY TO ADD/DROP A CLASS

LAST DAY TO CONFIRM ENROLLMENT ON WEBADVISOR



ATTENTION: SECOND YEAR STUDENTS

If you plan to graduate (get your AA degree)

in May 2015 or Summer 2015 you must

fill out and submit a graduation application. A late fee of \$105 will be applied for ANY applications submitted after Tuesday, Sept. 2. You <u>must</u> apply to graduate; you will not be considered a 2015 prospective graduate unless you file a graduation application.

Questions or concerns? 213-477-2520 or registrar @msmc.la.edu

Campus Security Safety Tips-Week One: Know Your Campus

Become familiar with your surroundings as soon as possible. If you are a resident student, learn your Resident Hall evacuation routes immediately. If you are a commuter student, know where Campus Security is located. Mount St. Mary's discloses information about violent crimes on campus. This information is available by visiting the Campus Security Portal page or by going to Student Affairs. Ask around to find out where the trouble spots are on campus and neighborhood. For more information on staying safe as well as helpful safety applications you can download directly to your smartphone or tablet, visit the Department of Campus Security portal page located under the Campus Resources tab. Have a safe and secure school year.

> Safety Tips are brought to you by Dept. of Campus Security. Stay Informed, Stay Alive





Congratulations Dean's List for Spring 2014

3.5—4.0

Sara Aceves Isabella Acosta Desiree Agtaguem Elyssa Alerta Amanda Alvarez Hellen Alvarez Erika Amaral Felicia Aparicio Dominique Aquino Wendy Araujo Rachelle Arias Rebeca Arroyo Miranda Avina Brianna Bagdasaryan Vanessa Barragan Sheila Bartolo Ramonna Batac Daicia Bradberry Gabrielle Bramasco Shonna Cabrera

Magali Cruz Stephany De la Torre Eliza De Leon Raquel Del Toro Yessenia Diaz Mayra Diaz Collazo

Genelle Campos

Elizabeth Carrera

Gladys Cerros

Astrid Chaidez

Autumn Clifton

Priscilla Close

Erica Caro

Yoselyn Diaz-Castro Cintya Escamilla Leah Fajardo Jessica Farrell Anali Flores Elba Fuentes Isabella Gacuya Lizbeth Galvez Karina Garcia Jennifer Garcia Priscilla Giron Gladys Gomez Rosio Gorgonio Rhozel Gregorio Keiry Guardado Lesby Guerrero

Meliza Guillermo-Alonzo

Briana Harris Andrea Hernandez

Adelaida Herrera-Espinoza Amanda Herrera-Rothgery Rebecca Hinojosa

Sharah Ilagan

Emiya James-Herndon Mariah Jimenez Kimberly Johnson Kathleen Knight Jessica Leigh Hongzi Cindy Li

Abigail Lina Melissa Lopez Monique Madrid Alexandra Madueno Bridget Martinez
Marylin Martinez
Katie Martinez
Izabelle Martinez
Melissa Martinez
Mirna Martinez
Cynthia Martinez
Evelyn Martinez-Espinosa
Shayla McDowell

Elisa Medina
Yvonne Montano
Jeanine Monterroza
Nancy Morales
Erica Mosley
Laura Muñoz
Nancy Nava
Natalia Neris
Michelle Olivares
Jocelyne Ordenana
Kimberly Ortega
Rachelle Ortiz
Jennifer Palafox

Natalie Passmore Yajahira Peña Samantha Piedra Isaura Pizano Erica Poe

Nicole Puga Adriana N. Ramirez Adriana L. Ramirez Carla Rauda

Liliana Resendez Alexandra Rios Morena Rivas Priscila Rivas Angelica Rodriguez Joselyn Rodriguez-Palacios

Carolina Rosales
Lizbeth Sanchez
Verlin Sandoval
Joanna Santos
Sierra Schemel
Andrea Serrano
Cynthya Serrano
Gisselle Sipaque
Juliana Solorzano
Hannah Spigelman
Crystal Suarez
Maria Surio

Barbara Tello Marilyn Kelly Trajano Noelle Trigerous Josselyn Varela Michelle Velasco Desiree Villa Byanca Zavaleta Bathsheba Zewde

Save the Date:

Honor Roll/Dean's List Reception Thursday, September 25, at 1:00

Plan to come and be recognized as scholars!

Academic Advisement

Student Services Building 2nd Floor, Room 211

Office Hours

Monday-Friday 7:30am-4:30pm Friday 7:30-4:00pm

Phone: 213.477.2577 advisement@msmc.la.edu

Visit our portal page under Academics> Academic Advisement for:

- -Upcoming Events
- -Access to our forms online
- -Placement Score Info
- -"How To" Videos

Advisement FAQs

Q: How do I get credit for courses I took over the summer?

A: Fill out a Transfer of Credit Clearance form (found in our office or on our portal) and turn it in to the Advisement department. Once it is approved, request official transcripts to be mailed directly to MSMC Registrar's office in order to be awarded units.

Q: How do I know who my advisor is?

A: Login to WebAdvisor. Click "User Accounts", "My profile" to view your advisor's name.

ATTENTION: PRE/HEALTH NURSING STUDENTS

Mandatory Orientation

Tuesday, August 26^{th,} or Thursday, August 28^{th,} 4:00-6:00pm, Donohue Center (Students required to come to only **one** session)

*All Pre-Health Nursing students are expected to attend.

Please contact 213.477.2577 for any questions.*

The Bursar's Office

Welcome Mount Students to Fall 2014!

Some of the services we provide to our Mount students at the Bursar's Office include:

Providing a Statement of Account

Assisting students in clearing balances on account/taking payments

Issuing parking passes

Assisting students with their CASHNet account and/or providing access with your PIN.

Students need to be sure their account balances are cleared every semester by the Financial Clearance Deadlines. Financial Clearance means:

Financial aid awards accepted/applied to your account, AND

Enrollment in a Monthly Payment Plan (MPP) on CASH-Net, **OR**

Payment in full of your balance

If you have not done this, a HOLD will be placed on your account until this has been completed. Please visit the Business Office FAQ site on the portal or at http://www.msmc.la.edu/student-life/business-office/policies-and-procedures/financial-clearance-deadline-faq.asp

The last day to drop with a 100% tuition reimbursement is <u>September 2, 2014</u> (Add/Drop Date). Fees are non-refundable after the first day of school. Thereafter, the refund of tuition is based on our Refund Table – this may also be accessed through the Business Office website.

CASHNet is our online billing system where students and parents may access the student's tuition account online and view eStatements, make payments, enroll in My Payment Plan, and retrieve a copy of the student's e1098T. If you have not received your CASHNet pin, please stop by the Business Office or call us at Chalon: (310) 954-4040 or Doheny (213) 477-2540.

Did you know the Bursar's Office is on Facebook? Our Facebook page is a great way to keep current for students, alums, and parents. Keep up with current deadlines, events, and the latest policies. Be the first to know; follow us today!

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From Residence Life Office:

Community Programmers Community Assistants

Pick-Up Application in Residence Life Office. Due Friday, September 5. Questions: 213-477-2166

From Office of the AA Dean

Office Assistant

See Sr. Carol in bldg. 2. Info: 213-477-2510

This Week with Campus Ministry

MASS of Welcome

Wednesday, Aug. 27, 11:30am in Mercy Chapel



O

COOKIES!

Monday, Aug. 25

At noon in front of the Student Affairs House (7). They go fast—don't miss them!

Coming Soon! MASS of the HOLY SPIRIT

Thursday, Sept. 18, 11:30 on the Grove (the south lawn)

Blessings to All! http://www.msmc.la.edu/cm (213) 477-2672 Office: House 7



TIME: 4PM-5:30PM

LOCATION: AHMANSON COMMONS

RESIDENCE AND COMMUTERS ARE WELCOME, BRING STUDENT ID

FRIDAY, AUGUST 29, 2014



AROUND THE WORLD
COUNTRY: ARGENTINA

Community Engagement Office

Community Engagement is happy to help you:

- Find service learning sites
- With tutoring and mentoring opportunities
- Expand your skills and experience through service in the Los Angeles community
- Understand how you can Make A Difference!

Visit us: Building 11, 2nd floor and Building 7



Mount St. Mary's College, Doheny Campus

Volume 44, Issue 2 September 2, 2014

CALENDAR OF EVENTS

Tuesday, 9/2

Last day to add/drop class Last day to apply to graduate in May or Summer Last day to confirm attendance



Wednesday, 9/3

Thursday, 9/4

1:00 **ECE Club**



Join the ECE Club

The Early Childhood **Education Club would** like to welcome all new students and returning

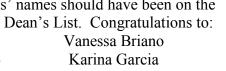
students to the Mount. We are all excited for the new school year. The ECE club will be having its first meeting for the school year on

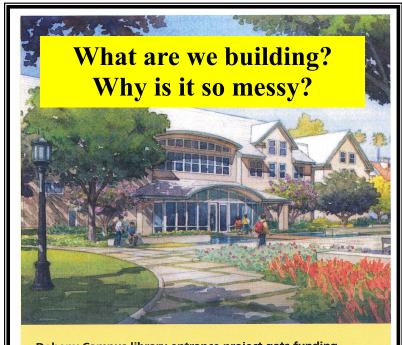
> September 4, 2014, at 1pm in Bldg 4 rm 112.

New members need to pay a \$5 fee. We will also be having elections for vice president, assistant secretary, and three historians. Anybody can run!



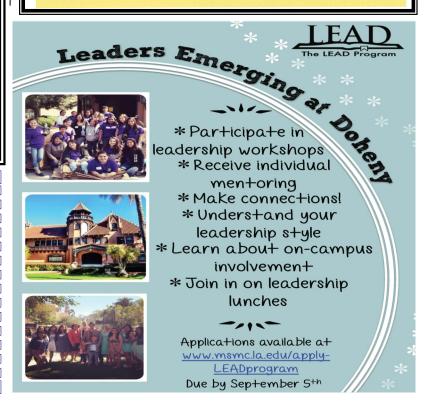
These students' names should have been on the





Doheny Campus library entrance project gets funding from Leavey Foundation

he Thomas and Dorothy Leavey Foundation provided a \$750,000 grant to support the Thomas and Dorotiny Leavey roundation provided of the J. Thomas McCarthy Library Entrance and Student Quad on the Doheny Campus. The project will create a new library entrance facing Ahmanson Weingart Hall, which is the Doheny Campus' main classroom building. It will also transform the adjacent outdoor area into an active Student Quad, with additional seating areas and an expanded stage for outdoor events. The new entrance and quad will position the library as a true hub on campus.





Congratulations Honor Roll for Spring 2014

Zuleyka Alderete Ivette Aleman Yesenia Alvarez Nina Aquino Michelle Balingit Daniela Barrientos Estela Batz Melanie Bernal Doreen Camacho Christine Cancino Bianca Carrillo Rocio Castaneda Patricia Castellanos Guadalupe Chavelas Lynnette Chavez Bailee Contreras Herlinda Cordova StephanieCorrea Chevenne Covington Samantha Cruz Marlen Cruz Milena Cuadra Daisy DeHaro Elleana Dela Cruz Teresa Delarosa Lizeth Delgado Joyce Devela Katalia Duong 🛚 Marissa Esparza Stephanie Estrada

Melani Facundo

Leslie Farias

Alejandra Flores Fatima Fuentes Cristina Gallego Angelica Garcia Vanessa Garcia Adriana Garcia Jasmine Garnica Alejandra Gaspar Vanessa Gonzalez Alexandria Gutierrez Carina Henriquez Brenda Hernandez Johanna Hernandez Anielica Jackson Jessika Kehnt Christine Kim Melissa Lara Alyssa Lazaro Alyssa Lemus Nancy Lemus Diana Lopez Amber Lopez Savannah Lopez Magdalena Lopez Jamie Lopez Shelly Macias Kimberly Manaois Darla Marin Bianca Marquez Denise Martinez Celia Martinez Mayra Martinez

Jeanneen Matias Melanie Medina Laura Meiia Gabriella Melaku Diana Mendez Yesenia Miron Harmoni Morales Rebekah Morgan Jollie Nobleza Briana Oceguera Alison Omon Vanessa Ponce Sadie Quinonez Rachel Quintos Mitzy Ramirez Hannah Remsen Amanda Rendon Ivonne Rendon Isela Retana-Torres Monica Rico Jennifer Rios Lvdia Rivera Gilliane Rivera Brenda Rodriguez Emily Ruiz Torres Monica Sanchez

Melissa Sanchez Hayley Sanchez Jasmine Scales Larisa Smith **Edith Solis** Brenda Solis Jessica Soto Ka Kei Tam Mary Grace Teodosio Genesis Tinoco Elvia Tiznado Sia Tongi Jocelyn Trujillo Andrea Valenzuela Kimberly Vargas Griselda Velasquez Samantha Veloz Josselyn Ventura Violeta Viveros Zhane Xinol Tatiana Yanik Alvssa Yuson Karina Zambrano Erika Zazueta

Week Two: Crime **Prevention Tips**

When leaving your car, room or resident hall. make sure that all doors and windows are locked – including the main building entry and exits. Do not prop open any exterior door to any Residence Hall as it creates a security hazard not only for you, but for every resident in that hall. Keep all of your valuables secure and in a safe place. That means don't leave laptops, jewelry, etc. out in the open for others to see. Lastly, never leave valuables out in the open in your vehicle. If possible, secure valuables in your trunk.



The Athenian Promise:

I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form.

Academic Advisement

Student Services Building 2nd Floor, Room 211

Save the Date:

Office Hours

Monday-Friday 7:30am-4:30pm *Friday* 7:30-4:00pm

Phone: 213.477.2577 advisement@msmc.la.edu

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Advisement FAOs

Plan to come and be recognized as scholars!

Honor Roll/Dean's List Reception

Thursday, September 25, at 1:00

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A: Fill out a Transfer of Credit Clearance form (found in our office or on our portal) and turn it in to the Advisement department. Once it is approved, request for official transcripts to be mailed directly to MSMC Registrar's office in order to be awarded

Q: How do I know who my advisor is?

A: Login to WebAdvisor. Click "User Accounts", "My profile" to view your advisors.

Done with Summer School?

If you took summer school courses at a local community college, be sure to:

1. Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website

2. Complete and turn in a Transfer of Credit Clearance Form. Transfer of Credit Clearance Forms are located in the Academic Advisement Center.

3. Have your official transcripts from the college that you took summer class mailed directly to the Mount. Until the official transcripts are re ceived, the course cannot be added to your record

4. Contact Academic Advisement at x2577 with any transfer course que



Pizza on the porches and in the park



Bldg 1

Psychology, Business Administration

Bldg 2 AA Dean's Office, religious studies, sciences, math, English, history, political science, art, sociology, philosophy



Success Center in Bldg 2



AA Dean's Office Open House(s)

Thursday, September 11 1:00—2:00

Be informed! Be smart! Be in-the-know!

Get Lunch!





Welcome Back, Athenians!

We hope that all of you had a relaxing summer and are getting into the rhythm of being back in school. We are very excited for all that the year

has to offer. ASB is here for all of you if you need anything. We will be holding our

ASB meetings on Thursdays 1-2pm in the Women's Leadership office.

Feel free to stop by to let us know of your concerns or even to just say hi. Make sure to check out all the fun events going on on campus. This is your time to get involved and make new memories.

We look forward to meeting you, Vanessa Barragan & Giselle Sipaque

Work Study Opportunities

The Doheny Child Development Center (Bldg. 17)



is in need of responsible MSMC students who are interested in working with young children. If you have work study and you enjoy interacting with young children, or you're an Early Childhood Education major and would like to do some volunteer hours to

gain professional experience in your field of study, then the Child Development Center is your place.

No experience necessary. All majors welcomed!

For more information email Wendy Galán, Program Director, at wgalan@msmc.la.edu

ISAE/Student Support Services (TRIO)

Attention ISAE Students:

Join us on Sunday, September 28th, for one of opera's greatest romances, *La Traviata*. In the giddy, glitzy world of the Roaring Twenties, a naive young man falls head over heels for a glamorous



party girl. Together they trade the fast life for an idyllic love nest far from the city...until an unexpected visitor threatens to tear them apart. Sign Ups begin Monday, September 8th, at 9:00am. Don't forget your \$20 refundable deposit.

Doheny ISAE Office Bldg. 7, 1st Floor Back Offices Veronica Martinez (<u>mvmartinez@msmc.la.edu</u>) (213) 477-2663



Busy Person's Retreat

Throughout October

This is a unique experience to focus on your inner life and renew your relationship to God. During the

retreat, you'll take time to reflect on scripture and then meet once a week for about 20 or 30 minutes with a Sister of St. Joseph who will listen to how God is working in your life and pray with you. All the sisters and students on the retreat will meet on Thursday evenings to pray together.

Sign up for the retreat in Campus Ministry (bldg. 7) or with Sr. Carol (bldg. 2 upstairs)

Questions? Call (213-477-2510) or see Sr. Carol

If you can, a donation of \$10 is requested.

All are welcome to...

MASS OF THE HOLY SPIRIT

Doheny

Thursday, Sept. 18 11:30 AM Adjacent to the Gazebo

DOHENY CLASSES WILL BE CANCELED BETWEEN 11:30 AM AND 1:50 PM SO ALL CAN ATTEND Chalon

Tuesday, Sept. 23 11:30 AM Mary Chapel

CHALON CLASSES WILL BE CANCELED BETWEEN 11:30 AM AND 1:50 PM SO ALL CAN ATTEND

President McElaney-Johnson invites you to a lunch reception immediately following each Mass

JOIN THE ENTIRE MOUNT COMMUNITY AND WEAR RED!



COME CHAT WITH US & OTHER LATINAS AT DOHENY CAMPUS FRIDAYS

JOIN SPANGLISH GRUPO PARA MUJERES LATINAS IF:

- YOU ARE LATINA OR $\,$ OF MULTI-ETHNIC LATIN DESCENT
- YOU WANT TO CONNECT WITH OTHER LATINAS ON CAMPUS IN A FUN AND SAFE PLACE
- YOU CAN SPEAK ENGLISH, SPANISH, OR SPANGLISH COMO TU QUIERAS!!!!

Sign up by contacting:

Erika Ramos, Psy.D (213) 477– 2880 Kristina Rodriguez, M.S (213) 477-2681



Sponsored by Counseling & Psychological Services



Silent Saturday — Day of Quiet September 19—20

Join the CSJs for a day (Saturday, Sept. 20) of quiet and prayer

Starting Friday evening or come on Saturday, the Sisters of St. Joseph invite you to

take time away from your busy and full life for a day of prayer in silence. This will be held at the Sisters' Hospitality House in Inglewood. Spiritual direction is available. Goodwill donation accepted.

Questions, responses? See Sr. Darlene dkawulok@msmc.la.edu or call her 213-477-2677.



Mount St. Mary's College, Doheny Campus

Volume 44, Issue 3 September 8, 2014

CALENDAR OF EVENTS

MONDAY, SEPT. 8 1:00 St. Mary's Ribthday



TUESDAY, SEPT. 9

WEDNESDAY, SEPT. 10

Thursday, Sept. 11
1:00 AA Dean's Open House
2:00 Maui Madness

FRIDAY, SEPT. 12









Bldg 1 Psychology, Business Administration

Bldg 2 AA Dean's Office, religious studies, sciences, math, English, history, political science, art, sociology, philosophy



Success Center in Bldg 2

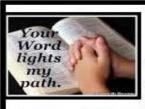


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Join Commuter Group if::

- You are a commuter looking to find ways to get connected
- You want to get connected to other commuters in a fun & safe
- You want the support of fellow commuters
- You are looking for new ways to make the commute better



Time to be determined Place to be determined

Kristin Rodriguez, M.S. (213) 477-2681 Amy Cuny, Psy.D. (213) 477-2978 Sponsored by Counseling and Psychological Services



LEADERSHIP BOOTCAMP

FRIDAY, OCTOBER 10 12:30PM-4:00PM DOHENY CAMPUS

STGN UDG.

On-Line at http://www.msmc.la.edu/leadershipbootcamp

For more information, please contact: Women's Leadership Building 11 (Doheny) leadership@msmc.la.edu (213) 477-2664

Sponsored by Women's Leadership

Academic Advisement

Student Services Building 2nd Floor, Room 211

Office Hours

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- 4. Contact Academic Advisement at x2577 with any transfer course questions







Campus Security Safety Tips-Week Three: Protecting Yourself

Be aware of your surroundings. Know where you are, where you are going and what is going on around you. Walk with confidence. Tell someone where you are going and when you expect to return. At night, travel in well-lighted areas. Walk close to the curb, facing oncoming traffic. Do not go to the ATM at night. If possible travel with another person or in a group. Trust your intuition, if something feels wrong, something is probably wrong. Remember your safety is

always first. See something say something. Report all incidents to Campus security. Have Campus Security numbers programmed on your phone: Chalon Campus (310) 954-4123, Doheny Campus (213) 477-2502. Visit the Campus Security page on the portal and get safety tips, emergency apps to download on your phone and sign up for EAlert.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive



Corrections:

This student's name should have been on the Dean's List.

Congratulations to: Lynnette Chavez

Congratulations to the Board of the Early Childhood Education Club

President: Stephanie Correa Secretary: Amanda Alvarez Treasurer: Claudia Reyes



Nell hello there.

Wellet's a handy little app that serves up chunks of advice about healthy lifestyle choices that add up to big things like reducing illness, de-stressing, and staying lean, mean and rested way into your 20s.

Sign up for wellet! Why? PRIZES!

You'll earn points by reading tidbits, taking quizzes and sharing your well-awesomeness, and you can get gift cards, school -spirity stuff and other fun things in return.

How? Sign up NOW! http://www.wellet.com/msmc

It's a private, personal and easy way to start the school year

FOR MORE INFORMATION CALL STUDENT HEALTH SERVICES 310-954-4110 / 213-477-2685

Wellness.... The Mount W



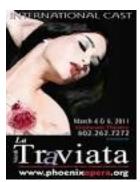


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DEPT. OF CAMPUS SECURITY

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tear them apart. Sign Ups begin Monday, September 8th at 9:00am. Don't forget your \$20 refundable depos-

SEPTEMBER A Healthy Balance



- Make time for your friends, but make sure they are positive influences
- If you work, really commit to the job and your employer, it will pay off in the future
- Pursue your present interest and try to discover new ones along the way

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE WELLNESS.... The Mount Way!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

Did you take AP exams ?
Wondering if you received credit
for them?

7 — — — — — ,

Those with scores of 3, 4, or 5 receive credit.

You may wish to follow up with Sr. Carol in Bldg 2.

Want to get your scores sent to Mount St. Mary's College? See Sr. Carol in Bldg 2.

All are welcome to...

MASS OF THE HOLY SPIRIT

Doheny

Thursday, Sept. 18 11:30 AM Adjacent to the Gazebo

DOHENY CLASSES WILL BE CANCELED BETWEEN 11:30 AM AND 1:50 PM SO ALL CAN ATTEND Chalon

Tuesday, Sept. 23 11:30 AM Mary Chapel

CHALON CLASSES WILL BE CANCELED BETWEEN 11:30 AM AND 1:50 PM SO ALL CAN ATTEND

President McElaney-Johnson invites you to a lunch reception immediately following each Mass

JOIN THE ENTIRE MOUNT COMMUNITY AND WEAR RED!

Spanglish?

COME CHAT WITH US & OTHER LATINAS AT DOHENY CAMPUS FRIDAYS

JOIN SPANGLISH GRUPO PARA MUJERES LATINAS IF:

- YOU ARE LATINA OR OF MULTI-ETHNIC LATIN DESCENT
- YOU WANT TO CONNECT WITH OTHER LATINAS ON CAMPUS IN A FUN AND SAFE PLACE
- YOU CAN SPEAK ENGLISH, SPANISH, OR SPANGLISH COMO TU QUIERAS!!!!

Sign up by contacting:

Erika Ramos, Psy.D (213) 477– 2880 Kristina Rodriguez, M.S (213) 477-2681

Ę CPS

Sponsored by Counseling & Psychological Services

This Week with Campus Ministry

Monday, Sept. 8, 1:00 Celebrate Mary's Birthday!

In front of Our Lady of Mercy Chapel



We want to celebrate her with YOU, the Mount Community! Come enjoy some birthday cake in honor of the Catholic feast of the birth of Mary—the mother of Jesus, and the patron of our college! (Yes, she's the "St. Mary" of our name!)

Silent Saturday — Day of Quiet September 19—20

......

Join the CSJs for a day (Saturday, Sept. 20) of quiet and prayer

Starting Friday evening or come on Saturday, the Sisters of St. Joseph invite you to take time away from your busy and full life for a day of prayer in silence. This will be held at the Sisters' Hospitality House in Inglewood. Spiritual direction is available. Goodwill donation accepted.

.........

Questions, responses? See Sr. Darlene dkawulok@msmc.la.edu or call her 213-477-2677.

Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

Volume 44, Issue 4 September 15, 2014

CALENDAR OF EVENTS

TUESDAY, 9/16

11:30 Emergency Preparedness 11:30 Poetry, Prose, Pizza



THURSDAY, 9/18

11:30

HOLY SPIRIT MASS WEAR RED LUNCH

7:00 CASA MAGNIFICA BLESSING

SUNDAY, 9/21 7:00pm Mass at Chalon

Busy Person's Retreat

Starts October 2 and runs throughout October

A time to build up your relationship with God by talking and praying with a Sister of St. Joseph

Sign up **THIS WEEK** for the retreat—in Campus Ministry (bldg. 7) or with Sr. Carol (bldg. 2 upstairs)





All are welcome to... MASS OF THE HOLY SPIRIT

Doheny

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President McElaney-Johnson invites you to a lunch reception immediately following each Mass

JOIN THE ENTIRE MOUNT COMMUNITY AND WEAR RED!



Join Commuter Group if::

- You are a commuter looking to find ways to get connected
- You want to get connected to other commuters in a fun & safe place
- You want the support of fellow commuters
- You are looking for new ways to make the commute better



Time to be determined Place to be determined



RSVP Kristin Rodriguez, M.S. (213) 477-2681 Amy Cuny, Psy.D. (213) 477-2978 Sponsored by Counseling and Psychological Services

CPS Tip of the Week!

Entering (or returning to) to college is a time of major changes! And while many of them are **EXCITING**, like meeting new people, exploring potential careers, and having more independence, it can also be a time of **STRESS**! Between trying to do well in class, balancing time with friends and school work, and navigating all of the "newness," **college can add a lot of stress to students!**

BUT, you may be able to **reduce feelings of stress** by following these simple guidelines!

<u>Get enough sleep</u>. It may be tempting to stay out all night with friends, but your body and mind will thank you in the morning if you dedicate 6-8 hours a night to good and restful sleep!

Exercising regularly. It can be hard to find time to work out regularly with so many other responsibilities; but even a 20 minute walk can work wonders and make you feel more energized and positive about yourself!

<u>Stay connected</u>. Fight the temptation to isolate yourself from others, particularly if you're feeling lonely or homesick. Be intentional about making new friends, calling/visiting family, and participating in campus events!

<u>Make time for fun!</u> College can feel overwhelming at times! It's important to find at least a little time each day to do things that are fun and relaxing for yourself, like time with friends, a bubble bath, or reading a good book!

And/or seek out counseling services on campus. If you find that managing stress feels like too much to handle, come by CPS and talk to a therapist in a safe and confidential place where you can receive support, encouragement, and extra tools for navigating college life!

Here's to the start of another great year!!





Counseling & Psychological Services, Chalon: (310) 954-4114, Doheny: (213) 477-2668 LEADERSHIP BOOTCAMP

FRIDAY, OCTOBER 10 12:30PM-4:00PM DOHENY CAMPUS

SIGN UPS:

On-Line at http://www.msmc.la.edu/leadershipbootcamp

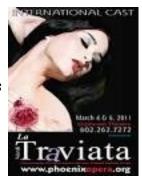
For more information, please contact:
Women's Leadership
Building 11 (Doheny)
leadership@msmc.la.edu
(213) 477-2664

Sponsored by Women's Leadership

ISAE/Student Support Services (TRIO)

Attention ISAE Student.

Join us on Sunday, September 28th, for one of opera's greatest romances, La Traviata. Sign Ups begin Monday, September 8th at 9:00am. Don't forget your \$20 refundable deposit.



Join us on Friday, October 3^{rd,} at

4:30 pm at the Doheny Pool for our ISAE Fall Fling Pool Party. Have some fun under the sun and enjoy delicious food, games, prizes and pool time. Sign Ups begin Wednesday, September 17th, at 9:00am. Don't forget your \$20 refundable deposit.

Doheny ISAE Office Bldg. 7, 1st Floor Back Offices Veronica Martinez (<u>mvmartinez@msmc.la.edu</u>) (213) 477-2663

	Tuto	rs in th	e LRC					
	Tuto	is in th	LIKC					
Writing: Ms. C	havana	M - F	8 - 4					
Sr. Daniel Ther	ese	T,W,T	h 8 – 12					
			11 6 - 12					
Mr. Dinsmore								
	Ms. Li	vanis	M, W, 1		,			
			F 12:40	- 2:40)			
Science	Ms. Ze	bboudj	MW	1 –	6;			
	TTh 9	:30 - 11 :	and 4:30 -	- 6;				
	F 9:30	- 11:30;	1 - 2					
Math	Mr. He	laton	MWF	10.3	30 – 1	1.20	1	
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Philosophy	Ms. Tr	egenza	TTh	1 –	2:15,			
				4 –	5:30;			

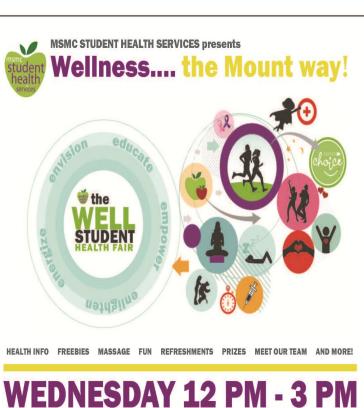
Campus Security Safety Tips-Week Four: Emergency Preparedness

How prepared are you in the event of a major emergency on campus? There's no warning when an emergency will happen and it's important to be prepared. Depending on the emergency there may be a time when staying on campus is the safer option. And having items such as an emergency kit can make all the difference during an emergency. Emergency kits can be purchased in many stores and will include items such as water, flashlight, blanket, food, first aid kit, etc. But tailoring a kit to your specific needs is key. So if you have an emergency kit make sure you include items that will make you comfortable during

an emergency. For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive





SEPTEMBER 24, 2014 CHALON CAMPUS ADMIN I

Great ideas to help begin your healthiest year!

FOR MORE INFO CONTACT STUDENT HEALTH SERVICES 310-954-4110 or 213-477-2685

Emergency Preparedness EAlert Sign up event

and

Are you prepared?

Earthquakes, Fires, Storms, Floods, Etc.



Get Prepared!

Tuesday, Sept. 16th, 11:30-1:30pm SOS Products will be on the Ahmanson Driveway selling emergency supplies. There will be a raffle for an Emergency Kit (valued at \$50). Laptops will also be available to sign up for EAlert. Stay informed, stay alive.



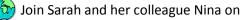
Sponsored by: Dept. of Campus Security

















Experience the joy of the Renaissance,



Baroque, and Art Nouveau—see works by



Picasso, Dali, Goya and





many others.



🔂 A 10 day tour of Art in



Madrid and Barcelona



Spring Break February 27—March 8, 2015





Who should go? Students interested in Art & Architecture; MSMC students from any program



who wish to obtain college credit for travel;



adults who would enjoy a fast-paced tour. There is free time built into the itinerary!



More information Online



Www.efcollegesstudytours.com/enroll Tour Number: 1591772YS



Questions? Sarah Vinci svinci@msmc.la.edu



Nina Berson nberson@msmc.la.edu































POETRY, PROSE and PIZZA at Doheny



Tuesday, Sept. 16, from 11:30am-12:30pm and Thursday, Sept. 25, from 7-8pm in The Poetry Place (Building 10 parlor)

Share an excerpt from your stories or a poem or just enjoy others' readings!

You might discover we all have some feelings and thoughts in common.

Open to faculty, staff and all students.

YOGA and YOGURT



Wednesday, Sept. 24, from 5-6pm Tuesday, Sept. 30, from 9-10am Both in Mercy Chapel

Slow down, breathe and pray in a peaceful and spiritual setting. Sessions will be **every other**

week – one week on Wednesday evening and the next week on Tuesday morning through mid-November –

10 sessions total.

Sessions are free and don't require advance sign-up.

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Blessings from your Campus Ministry team!

We are here for you: http://www.msmc.la.edu/cm campusministry@msmc.la.edu @msmc_cm on Twitter

Campus Ministry at Mount St. Mary's College on Facebook msmc_cm# on Instagram

DOHENY Phone: (213) 477-2672 Office: House 7 CHALON Phone: (310) 954-4125 Office: Humanities, First Floor

This Week with Campus Ministry

COOKIES



Monday, Sept. 15, at 2pm in House 7 (next to the café) at Doheny Start your week off with conversation and cookies.

BLESSING of CASA MAGNIFICA

for the 2014-2015 year! Thursday, Sept. 18, from 7-8pm in House 20 The Casa Magnifica House Community invites you to their



lovely home. You'll get a chance to meet the students who are part of the Magnifica community, to ask them what it's all about, to see their home, help bless the rooms -- and to enjoy some wonderful, celebratory food!

CONFIRMATION INFO SESSIONS



Wednesday, Sept. 24, from 2-3pm Thursday, Sept. 25, from 1-2pm Both in the Campus Ministry office in House 7

Is this your year to be Confirmed? Come find out more about this wonderful process.

MASS at Chalon

Sunday, Sept. 21, at 7:00pm in Mary Chapel Everyone, of every religious tradition, as well as family and friends, are invited to join us for this first liturgy of the semester.



Enjoy refreshments after Mass.

On the Doheny Campus and want to attend Mass?

Here are the times for St. Vincent de Paul, at the corner of Adams and Figueroa.

Weekend Mass Times	Daily Mass Times		
<u>Sunday</u>	Monday-Friday	<u>Wednesday</u>	
7:30 AM - English	Noon - English	7:30 AM-Spanish	
9:00 AM - Spanish	<u>Monday</u>	<u>Thursday</u>	
10:30 AM - Spanish	7:30 AM - Spanish	8:15 AM - English	
Noon - English	<u>Tuesday</u>	<u>Friday</u>	
1:30 PM - Spanish	7:30 AM - English	7:30 AM - Spanish	
5:00 PM - Spanish		<u>Saturday</u>	
-		7:30 AM - Spanish	

Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

Volume 44, Issue 5 September 22, 2014

CALENDAR OF EVENTS

Monday, 9/22 11:30 PTK Meeting

Tuesday, 9/23 1:00 PTK Meeting

1:00 Scholarship Searching

Wednesday, 9/24 11:45 PTK Bake Sale

5:00 Yoga and Yogurt

Thursday, 9/25 1:00 Honor Roll/Dean's List Reception

1:00 Confirmation Information

1:15 DBC Meeting

7:00 Poetry, Prose and Pizza 8:00 Casa Magnifica Blessing

Friday, 9/26 1:00 Confirmation Information

Sunday, 9/28 7:00pm Mass at Chalon



Starts October 2 and runs throughout October

A time to build up your relationship with God by talking and praying with a Sister of St. Joseph

Sign up **THIS WEEK** for the retreat—in Campus Ministry (bldg. 7) or with Sr. Carol (bldg. 2 upstairs)

Questions? Call 213-477-2510



Celebrate your Academic Success on the Dean's List and Honor Roll!



Join the AA Dean and the Assistant Dean.

Receive your Certificate of Achievement for Dean's List or Honor Roll.

Enjoy fellow scholars and delicious treats.

Thursday, September 25, 2014

Beginning at 1:00

on the Faculty Quad

(between bldg. 1 and 2, Doheny)



PTK Sweets!

Come enjoy some delicious sweets with the Phi Theta Kappa Ladies!

September 24th / 11:45-3 p.m. / Ahmanson Commons

flyer design: bakesaleflyers.com

DOHEMY RESIDENCE LIFE

STILL HIRING!!!

Community Programmers & Community Assistants

Must have Work Study Applications in Residence Life office.

Be a Resident Assistant (RA) Applications on Residence Life Portal page. Due Friday, Oct. 3.

Being an RA is an amazing leadership opportunity. Candidates must be of sophomore status or above for 2015-16 and have a GPA of 2.75 or above. We are looking for fun, creative, and responsible students to apply to be an RA. This position may cover up to 80% of your housing costs.

Information: Hannon 123, 213-477-2661,

CPS Tip of the Week!



Sharing our joy increases joy!

Make a daily list of the things you feel grateful for this helps draw your attention to the positive experiences in your live.

Express the gratitude you feel to people close to us this helps increase and sustain your well-being.

Describe your happy experiences to close friends, romantic partners, or family members - telling people about happiness has far greater benefits than just remembering it or writing it down for ourselves.

"Happiness is the only thing that multiplies when you share it." - Albert Schweitzer





Counseling & Psychological Services, Chalon: (310) 954-4114, Doheny: (213) 477-2668



SCHOLARSHIP WORKSHOP



Join us to learn about tips and requirements for completing scholarship applications.

When: October 9
Time: 1 - 2pm
Room: 114

Guest Speaker: Sharla Berry, PhD. Candidate, Urban Education Policy, University of Southern California

> Sponsored by: The Student Success Center and the LRC

ISAE/Student Support Services (TRIO)

Join us on Sunday, September 28th for one of opera's greatest romances, La Traviata. In the giddy, glitzy world of the Roaring Twenties, a naive young man falls head over heels for a glamorous party girl. Together they trade the fast life for an idyllic love nest far from the city...until an unexpected visitor threatens to tear them apart. Sign Up TODAY. Very limited space. Don't forget your \$20 refundable deposit.

Join us on Friday, October 3rd at 4:30 pm at the Doheny Pool for our *ISAE Fall Fling Pool Party*. Have some fun under the sun and enjoy delicious food, games, prizes and pool time. Sign Up and please don't forget your \$20 refundable deposit.

	Tutors in th	e LRC		
	r utors in th	t Litt		
Writing: Ms. Cha	ivana $M - F$	8 - 4		
Sr. Daniel Theres	se TWT	h 8 – 12		
	, ,	11 0 12		
Mr. Dinsmore	T,TH 4-6			
	Ms. Livanis		2:40-3:40;	
		F 12:40	- 2:40	
Science	Ms. Zebboudj	MW	1 - 6;	
	TTh $9:30 - 11$	and 4:30 -	- 6;	
	F 9:30 – 11:30;	1 - 2		
Math	Mr. Halatan	MWF	10:30 – 11:30	
Maui	Mr. Helston	IVI W F	10.30 – 11.30	
Philosophy	Ms. Tregenza	TTh	1 - 2:15,	
		4 - 5:30); F 11 – 3:30	

Campus Security Safety Tips-Week Five: Emergency Preparedness 2

Emergencies are unexpected and are without warning. They are also not all the same. Being prepared for all emergencies is important to your safety. How prepared you are can make all the difference when it's 2am and the ground starts to shake or a smoke alarm goes off. In those events you have seconds to know what you will do to keep yourself safe. Having a plan and items such as an emergency kit, are steps to ensure your safety. Learn each cam-

puses evacuation location and procedures. Every classroom has Emergency Procedures posted. Read them, know them and be ready. You can also visit the Campus Security page on the Portal for emergency procedures.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive



SPANISH LANGUAGE TEST

Need to take the Spanish test so that the General Studies GS IV requirement will be waived?

The test is being offered on Fridays in the Learning Resource Center anytime before 2pm. Make an appointment today. 213-477-2690.



YOU'RE INVITED! DBC

TO THE DOHENY BUSINESS CLUB FIRST MEETING
PIZZA WILL BE PROVIDED AND T-SHIRT DESIGN
CONTEST

Thursday, Sep. 24, 2014

1:15-2:15PM, BUILDING 4 ROOM 112

INSTAGRAM: @MSMCBC #DBC

ΦΘΚ

Phi Theta Kappa Meetings

Members are invited to attend one of the meetings and help us plan the year

Monday: September 22nd, 11:30am-12:30pm Room 110

or Tuesday: September 23rd, 1:00pm-2:00pm Room 202

and, of course, bring goodies and come to our bake sale Wednesday, 9/24, 11:45-3:00

Looking for a Scholarship?
Meet Sharla Berry in the Success Center (bldg. 2)
Tuesday, Sept. 23, 1—5



Sharla Berry is the new Scholarship Consultant at Mount Saint Mary's College. She will be working to help students find scholarships in the community. Sharla is the author of the book Degree for Free: How to Save Time and Money on Your College Education. Sharla earned her Bache-

lors and Masters degrees from Loyola Marymount University. After attending LMU she taught elementary school for 3 years. She is currently a PhD student at USC. She looks forward to meeting you.



Join Sarah and her colleague Nina on

An Art & Architecture Tour of Spain...

- A 10 day tour of Art in
 - Madrid and Barcelona
 - Spring Break February 27—March 8, 2015
 - replicate to the control of the cont
- Who should go? Students interested in Art & Architecture;
- MSMC students from any program who wish to obtain college credit for travel; adults who would enjoy a fast-paced tour. There is free time built into
- the itinerary!
- More information Online
- Www.efcollegesstudytours.com/enroll Tour Number: 1591772YS
- Questions? Sarah Vinci svinci@msmc.la.edu
 Nina Berson nberson@msmc.la.edu
- DAGABABABABABA



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Thursday, Sept. 25, from 7-8pm in The Poetry Place (Building 10 parlor)
Share an excerpt from your stories or a poem - or just enjoy others' readings and art!
You might discover we all have some feelings and thoughts in common.
Open to faculty, staff and all students.

YOGA and YOGURT



Wednesday, Sept. 24, from 5-6pm Tuesday, Sept. 30, from 9-10am Both in Mercy Chapel

Slow down, breathe and pray in a peaceful and spiritual setting.
Sessions will be **every other week** – one week on Wednesday evening and the next week

on Tuesday morning through mid-November – 10 sessions total.

Sessions are free and don't require advance sign-up.

Wear comfortable clothing. Yogurt and water provided.



This Week with Campus Ministry

COOKIES

COOKIES

Monday, Sept. 22, at 2pm

CONFIRMATION INFO SESSIONS

Thursday, Sept. 25, from 1-2pm Friday, Sept. 26, 1-2pm Both in the Campus Ministry office in House 7.



Is this your year to be Confirmed? Come find out more about this wonderful process.

MASS at Chalon



Sunday, Sept. 28, at 7:00pm in Mary Chapel Everyone, of every religious tradition, as well as family and friends, are invited to join us for this lituray.

Enjoy refreshments after Mass.

BLESSING of CASA MAGNIFICA for 2014-15



Thursday, Sept. 25, from 8—9pm In House 20. The Casa Magnifica House Community invites you to their lovely home. You'll

get a chance to meet the students who are part of the Casa community, to ask them what it's all about, to see their home, help bless the rooms—and to enjoy some wonderful, celebratory food!

Blessings from your Campus Ministry team!

We are here for you:

http://www.msmc.la.edu/cm

campusministry@msmc.la.edu

@msmc.cm

on Twitter

Campus Ministry at Mount St. Mary's College on Facebook msmc_cm# on Instagram

DOHENY Phone: (213) 477-2672 Office: House 7 CHALON Phone: (310) 954-4125 Office: Humanities, First Floor

Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

Volume 44, Issue 6 September 29, 2014

CALENDAR OF EVENTS

Monday, 9/29 12:00 Bake Sale

Tuesday, 9/30 1:00 Scholarship Search

9:00pm Yoga and Yogurt

Wednesday, 10/01

Thursday, 10/02 11:00 Transportation Fair

7:00 Busy Person Retreat

Prayer

Friday, 10/03

Saturday, 10/04 10:00 Heal the Bay

Sunday, 10/05 7:00 Mass at Chalon







Busy Person's Retreat

Community Prayer Thursday, Oct. 2, 7:00pm in Mercy Chapel Join the Sisters of

St. Joseph and those taking part in the Busy Person's Retreat at this special prayer time during the retreat. Stay after for community and conversation. Still interested in taking part in the Busy Person's Retreat? See Sr. Carol in Bldg 2.



The Campus Ministry team will be hosting a bake sale and all proceeds will go towards supplies for our Halloween Maze. Please come to the Ahmanson Commons Patio to support us and enjoy some yummy treats.





ΦΘK Sweatshirt Order! Deadline to order sweatshirt for THIS SEMESTER: WEDNESDAY, OCTOBER 1st!

If you are interested in purchasing a sweatshirt this semester, please email

msmuptk@yahoo.com with the subject "PTK Sweatshirt"



Heal the Bay & Ride the Wave

SAVE The Date!

Take a ride to Santa Monica and SERVE!

Saturday, October 4th, 2014

10 AM to 12 PM

Help clean up our adopted section of Santa Monica Beach.

TRANSPORTATION PROVIDED FROM **CHALON AND DOHENY**

Shuttle will depart:

- CHALON at 9:40AM (meet in the Circle)

- DOHENY at 9:30AM (meet at Shuttle Stop)

ALL PARTICIPANTS NEED TO RSVP

CLICK HERE TO RSVP

For questions about this service opportunity or ways in which you can volunteer, contact the Community Engagement Office at (213)477-2662 or

kterrill@msmc.la.edu or mnguyen@msmc.la.edu

Sponsored by the Community Engagement Office



Thursday, October 2, 2014 11am-2pm Ahmanson Commons Patio

Booths From:

- . Automobile Club (AAA)
- . Doheny Commuter Service
- . Los Angeles Police Department (LAPD)
- Los Angeles Metropolitan Transportation Authority (Metro)
- MSMC Transportation Department
- . MSMC Security











Sponsored by Doheny Commuter Services

DOHEMY RESIDENCE LIFE

STILL HIRING!!!

Community Programmers & Community Assistants

Must have Work Study Applications in Residence Life office.

Be a Resident Assistant (RA) Applications on Residence Life Portal page. Due Friday, Oct. 3.

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Information: Hannon 123, 213-477-2661,



CPS Tip of the Week

Tip of the Week: Get Up and Get Moving!

- 1. Stretch out-Feeling tired and stressed after a long day of classes and work? Get up and stretch. Take 15 minutes to stretch out the muscles you use the most.
- 2. Take a walk-Grab a friend, grab your headphones and enjoy the view.
 Find a place and time that works for you and take a break to unwind, reflect on your day and get moving.
- 3. Grab a mat-Inside your dorm all day? Grab a yoga mat or a space on the carpet and develop your own indoor workout routine (for tips checkout: http://www.wikihow.com/Start-Your-Own-Exercise-Regimen-and-Stick-to-It).
- 4. Pick your favorite- Have a sport or exercise that is your favorite?

 Check out MSMC fitness center for sports and classes that interest you.





WELLNESS....

YOGA and YOGURT

Tuesday, Sept. 30, from 9-10am Both in Mercy Chapel

Slow down, breathe and pray in a peaceful and spiritual setting.

Wear comfortable clothing. Yogurt and water provided.



SCHOLARSHIP WORKSHOP



Join us to learn about tips and requirements for completing scholarship applications.

When: October 9
Time: 1 - 2pm
Room: 114

Guest Speaker: Sharla Berry, PhD. Candidate, Urban Education Policy, University of Southern California

> Sponsored by: The Student Success Center and the LRC

ISAE/Student Support Services (TRIO)

Don't miss out on the fun! Join us on Friday, October 3rd at 4:30 pm at the Doheny Pool for our I*SAE Fall Fling Pool*



<u>Party</u>. Have some fun under the sun and enjoy delicious food, games, prizes and pool time. Sign

enjoy delicious food, games, prizes and pool fime. Sign
Up and please don't forget your \$20 refundable deposit.

If you have not done so, please make sure you have scheduled your first appointment with your ISAE Counselor to start or update your Ed Plan.

Your ISAE Peer Advisor will be in contact with you soon. Please make sure to connect and schedule your first meeting.



Halloween Costume? Costume Cupboard? Children's Dress Up?

Sr. Carol is cleaning out the academic garb closet and selling off

some <u>very</u> old baccalaureate gowns. She is asking a donation of \$3 for a gown. See her in Bldg 2 upstairs.

More Tutors in the LRC

 $\begin{array}{ccc} \text{Math} & \text{Mr. Helston} \\ & \text{MWF} & 10:30-11:30 \end{array}$



Math 10 Ms Teng Friday 8:15am-9:00

Spanish Ms Perez Mondays 10—12

Campus Security Safety Tipsweek Six: Cyber-Bullying—Don't Become a Victim

- Cyber Bullying is on the rise more so than other types of bullying. Here are some tips that will help to not become a victim.
- Don't share your online passcode or phone pin#
- Respect other people and treat them the way you want to be treated.
- Don't be afraid to report the Cyberbully to Campus Security or Student Affairs
- Never share personal information, such as your home address or phone number, online.
- Never take naked or compromising pictures or videos of yourself or your friends on your cell phone. Even if you just share them among your friends, they can soon spread like wildfire.
- Do not respond to the Cyberbully. Instead block them from your social network profile and monitor your privacy settings.
- And remember if you wouldn't say it in person, don't say it online.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive





Looking for a Scholarship?

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in the Success Center (bldg. 2)

Tuesdays 1—5

SPANISH LANGUAGE TEST

Need to take the Spanish test so that the General Studies GS IV requirement will be waived?

The test is being offered on Fridays in the Learning Resource Center anytime before 2pm. Make an appointment today. 213-477-2690.

LET YOUR VOICE BE HEARD!

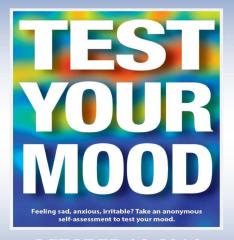


Sophomore Class Meeting

Wednesday, October 8th, 2014 12:35p.m. - 1:00p.m. At Rose Hills

Informational sophomore class meeting. Will include an introduction of our ASB Sophomore senators as well as upcoming events. This will be an open forum for sophomores to express any question, concerns, and issues they are having. FINALLY... A TEST THAT REQUIRES

ZERO STUDYING!



OCTOBER 14, 2014 11:30 AM - 2:30 PM AHMANSON COMMONS





HALFWAY THERE SOPHOMORES!



Encouraging the Sophomore class for their academic success in completing half the semester for Fall 2014. Meet and greet will include, bread and coffee before the Sophomore class conquers their midterms!

Monday, October 13th, 2014 7:45 am - 9:45 am

Location: Student Quad (In Front Of Building 4)



25th Annual Haunted Halloween Campus

Halloween is approaching fast! As most of you know, each year Mount St. Mary's College hosts a "Halloween Haunted Campus" event for the families in our surrounding community. This event provides a safe place for children in the neighborhood to Trick or Treat. Last year, we had 15,000 children visit our Doheny campus and this year we will be expecting even more participants.

Volunteers are needed!

Volunteers will need to attend one of the following <u>mandatory</u> meetings:

(Meetings will take place in <u>Building 7)</u>

Wednesday, October 8th

4pm-5pm

Or

Thursday, October 9th

1pm-2pm

Sign up today with Commuter Services located in Building 7

This Week with Campus Ministry



COOKIES

Monday, Sept. 29, at 2pm

CONFIRMATION INFO SESSIONS

In the Campus Ministry office in House 7.

Is this your year to be Confirmed? Come find out more about this wonderful process.



MASS at Chalon

Sunday, Oct. 5, at 7:00pm in Mary Chapel Everyone, of every religious tradition, as well as family and friends, are invited to

join us for this liturgy.

Enjoy refreshments after Mass.

Like to sing? Or play an instrument? Join the choir for Mass, with practices Sunday at 5:45pm, or occasionally for Masses and prayer services at Doheny. Contact Laura Gomez, Music Director, at 310.954.4124 or Igomez@msmc.la.edu

ADN Students

Are invited to visit the Campus Ministry table on Wednesday, Oct. 1, from 7:30-8pm near the Bookstore.

Weekend Mass Times	Daily Mass Times			
<u>Sunday</u>	Monday-	Wednesday		
7:30 AM -	<u>Friday</u>	7:30 AM-		
English	Noon -	Spanish		
9:00 AM -	English	<u>Thursday</u>		
Spanish	<u>Monday</u>	8:15 AM -		
10:30 AM -	7:30 AM -	English		
Spanish	Spanish	<u>Friday</u>		
Noon - English	<u>Tuesday</u>	7:30 AM -		
1:30 PM -	7:30 AM -	Spanish		
Spanish	English	<u>Saturday</u>		
5:00 PM -	078600	7:30 AM -		
Spanish		Spanish		

Mass times at St. Vincent's Church

Upcoming Events for the Traditional A.A. Students
Mount St. Mary's College, Doheny Campus

Volume 44, Issue 7

October 6, 2014

CALENDAR OF EVENTS

Monday, Oct 6—SPIRIT WEEK BEGINS

11:30 Bake Sale

12:30 Commuter Gathering

Tuesday, Oct. 7 PRIDE DAY
WEAR MSMC GEAR

1:00 Sophomore Class Meeting

7:00 "Christianity"

Wednesday, Oct. 8

12:45 **PEP RALLY**

4:00 Halloween Planning

5:00 Yoga and Yogurt

Thursday, Oct. 9

11:00 **TBT DOHENY**

1:00 Halloween Planning

1:00 Lunch Time Prayer

7:00 Evening Prayer

Friday, Oct. 10

1:00 Confirmation Session

Saturday, Oct. 11 HOMECOMING at Chalon

Sunday, Oct. 12 7:00 Mass at Chalon

Monday, Oct. 13 ADVISEMENT Begins

7:45 Sophomore Gathering

Tuesday, Oct. 14

11:30 Test Your Mood

1:00 Financial Literacy

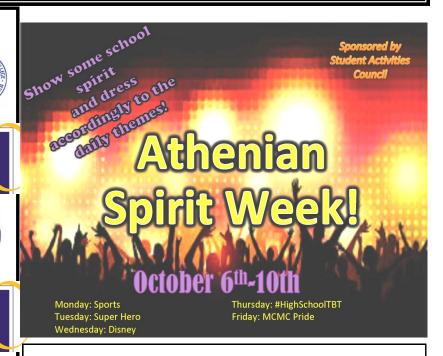
1:00 Lunch Time Praver

9pm Yoga and Yogurt

Wednesday, Oct. 15

Thursday and Friday, Oct. 16 and 17 Mid-Semester Break No classes for Traditional Students College Offices Open

Classes resume Monday, Oct. 20.



PEP RALLY PEP RALLY PEP RALLY

FOR MOUNT SAINT MARY'S UNIVERSITY

Get a sneak preview of what we will look like starting January 2015.

A SPECIAL PRESENTATION ON OCTOBER 8, 2014 STARTS AT 12:45 P.M. AT DONOHUE CENTER

Followed immediately by a Pep Rally on the Mansion Lawn. Free MSMU t-shirts, pizza and cookies!

Help us Get Ready for

25TH ANNUAL HAUNTED HALLOWEEN CAMPUS



To Decorate the Campus, please attend one of the meetings in Bldg 7
Wednesday, October 8, 4—5 or Thursday, October 9, 1—2

WE NEED CANDY. HELP US MAKE OUR GOAL OF 22,000 POUNDS OF CANDY TO DISTRIBUTE. Drop your candy into Halloween decorated boxes around campus



HALFWAY THERE, SOPHOMORES!

Come for encourage, food, and friendship

Monday, Oct. 13,, 7:45am-

Student Quad (in front of Bldg 4)



Grad School Fair at Chalon

Thursday, Oct. 9, 12—3 Campus Center.



YOGA and YOGURT

Wednesday, Oct. 8, from 5-6pm Tuesday, Oct. 14, 9-10am in Mercy Chapel



Slow down, breathe and pray in a peaceful and spiritual setting. Wear comfortable clothing. Yogurt and water







Veteran Outreach Association

General Meeting

Monday, Oct. 6, 12:30, Chalon Campus, H403

Questions? Contact us at msmc.voa@gmail.com

Get It Now, Get It Anywhere....

Use the **MSMC Mobile App** to access Shuttle Schedules, Class Cancellations and others. Download the free "Ellucian Go" appfrom Google Play or the Apple App Store and select MSMC



Academic Advisement

tudent Services Building d Floor, Room 211

Office Hours

Monday-Friday :30am-4:30pm *riday* :30-4:00pm

hone: 213.477.2577 visement@msmc.la.edu

isit our portal page under cademics>Academic dvisement for

Upcomina Events Access to our forms online Placement Score Info How To" Videos

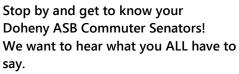


WHO IS MY ADVISOR?

Students are primarily assigned departmental faculty advisors. Libera Arts, Pre-Health/Nursing, and Undeclared students at Doheny are assigned advisors in the Advisement Center.

Check WebAdvisor for Students>User Accounts, for your adv

HEY COMMUTERS!!



Monday, Oct. 6, 12:30—2:00 **Ahmanson Commons**

Snacks will be served





STUDENT AMBASSADOR PROGRAM BAKE SALE

Monday, Oct. 6, 11:30—12:30, Ahmanson Commons

OCTOBER Awareness



- Resist the urge to drink to fit in
- Friends should be supportive of you if you say, "No thanks"
- Finds ways to have sober fun

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE WELLNESS.... The Mount Way!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

Halloween Costume? Costume Cupboard? Children's Dress Up?



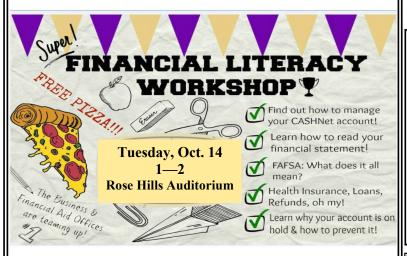
Sr. Carol is cleaning out the academic garb closet and selling off some very old baccalaureate gowns. She is asking a donation of \$3 for a gown. See her in Bldg 2 upstairs.

Week Seven: Campus Fire Safety Month-Tip 1

When a smoke alarm or fire alarm sounds, get out of the building quickly and do not reenter the building until fire authorities say it is safe to do so. Learn your building's evacuation plan and practice all drills as if they were the real thing. Learn where all the fire extinguishers are on Campus.

Safety Tips are brought to you by the Dept. of Campus Security.

THE BUSINESS OFFICE AND OFFICE OF STUDENT FINANCING INVITE YOU TO...



Do you have questions or get confused when it comes to managing your student account? Want some advice about setting up your financial aid?

Join us for a great seminar and some delicious pizza!

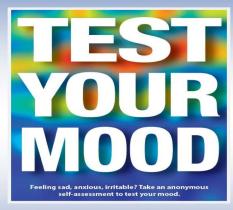
There are two workshops to choose from, one at each campus.

If you can make it, please RSVP to BusinessOffice@msmc.la.edu.

We hope to see you!

FINALLY... A TEST THAT REQUIRES

ZERO STUDYING!



OCTOBER 14, 2014 11:30 AM - 2:30 PM AHMANSON COMMONS







ISAE/Student Support Services (TRIO)

If you have not done so, please make sure to schedule a meeting with your ISAE Peer Advisor. They will be in contact with you via phone and/or e-mail. Please make sure you respond to their communication.

Also, schedule an appointment with Veronica Martinez to go over your Ed Plan and prepare for the upcoming Academic Advisement Period. You can either call or stop by the ISAE office to schedule an appointment.

Pat Reif Memorial Lecture presents
Lisa Isherwood
"Christianity: Queer Pasts, Queer Futures"

7:00-9:00pm, Tuesday, Oct. 7
Rose Hills Auditorium
Free & Open to the Public
More information: lgarry@msmc.la.edu

LET YOUR VOICE BE HEARD

Sophomore Class Meeting

Tuesday, October 7th, 2014 1:00p.m. - 1:30p.m. At Rose Hills

Informational sophomore class meeting. Will include an introduction of our ASB Sophomore senators as well as upcoming events. This will be an open forum for sophomores to express any question, concerns, and issue they are having.



Now Hiring Math & English Tutors for New Designs Charter School Extended Learning Academy



For: Middle & High School Schedule: M-F: 6:50—7:50 AM & 4:00 PM—6:00 PM Saturday: 8:00 PM— 12:00 Noon. Rate: \$12/hr

Location: 2303 S Figueroa Way, Los Angeles, CA 90007 Tel. No: (213) 765-9084

Please stop by the main office $\,$ for an application. Office Hours 8am—5pm

Brought to you by: Career Services - Doheny Building 11

This Week with Campus Ministry

COOKIES

Monday, Oct. 6 and 13, at 2pm

Confirmation Sessions:

At Chalon, Sunday, Oct. 12, 5:30—6:45, Hannon Hall At Doheny, Friday, Oct. 10, 1—2 In Mercy Chapel

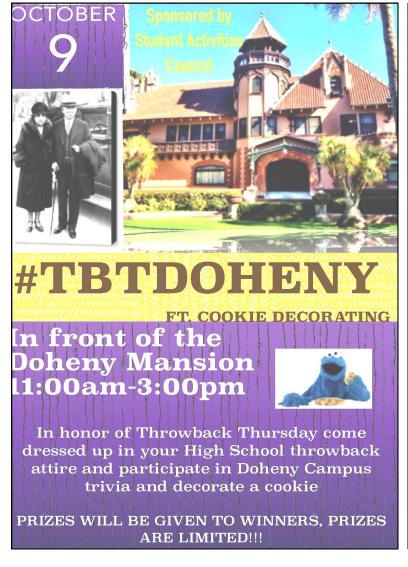
Join the Busy Person Retreat

Prayer Night

Thursday, Oct. 9, 7:00pm, Mercy Chapel

Lunch Time Prayer

Thursdays at 1:00pm in Mercy Chapel Oct. 9, 23, 30, Nov. 13, 20, Dec. 4





Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

October 20, 2014 Volume 44, Issue 8

CALENDAR OF EVENTS

MONDAY, OCT. 20 ADVISEMENT CONTINUES

WEDNESDAY, OCT. 22

BREAST CANCER AWARENESS 11:45

FLOWERS AND BOWS 12:00 5:00 YOGA AND YOGURT

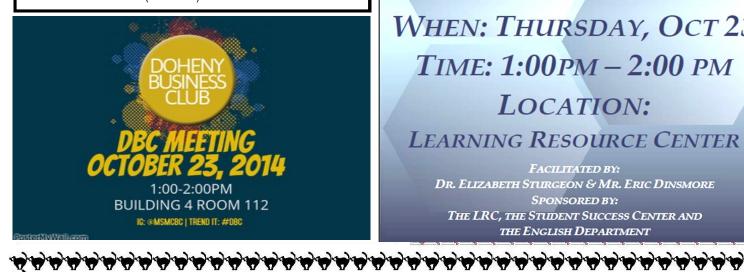
THURSDAY, OCT. 23

1:00 **DOHENY BUSINESS CLUB** 1:00 **LUNCH TIME PRAYER** 7:00рм **EVENING PRAYER**

CASA (HOUSE 20) PARTY 9:00









MLA & APA WORKSHOP

WHEN: THURSDAY, OCT 23

TIME: 1:00PM - 2:00PM

LOCATION:

LEARNING RESOURCE CENTER

FACILITATED BY:

Dr. Elizabeth Sturgeon & Mr. Eric Dinsmore

SPONSORED BY:

THE LRC, THE STUDENT SUCCESS CENTER AND

THE ENGLISH DEPARTMENT



Get into the Halloween Spirit of TREATING thousands of neighborhood children all dressed up to impress you.

> Bring on the little kids for the Haunted Halloween Campus

Friday, October 31, 6:00pm—8:00pm

Don't let us run out of candy **DONATE TODAY!** Wrapped candies, please. Bring Candy to boxes on campus or bldg. 7.



YOGA and YOGURT



Wednesday, Oct. 22, from 5—6pm Tuesday, Oct. 28, 9—10am in Mercy Chapel

Slow down, breathe and pray in a peaceful and spiritual setting.
Wear comfortable clothing. Yogurt and water provided.

CAMPUS CLIMATE STUDY ON DIVERSITY

Have your voice heard.

Be a part of exciting change.

Schedule a 50-Minute Feedback Session at

http://www.signupgenius.com/go/20F0C44A8AD22AAFB6-climate.

Questions contact Lucille Villegas at lvillegas@msmc.la.edu.

Feedback sessions will be held on Oct. 20-23 and Nov. 10-13 at the Chalon and Doheny Campuses.

For more information about the study, please contact the Beyond Diversity Resource Center. $856\ 235\text{-}2664 \bullet \text{info@beyonddiversity.org}$



Beyond Diversity Resource Center

All members of the College community are invited to participate!

Sweet FINANCIAL LITERACY

Miss the Financial Literacy Workshop???

It is being offered at Chalon on
Tuesday, Oct. 21, at 1:00 in Hannon Theater.

Free PizzaRSVP to BusinessOffice@msmc.la.edu



ΦΘK Breast Cancer Awareness Booth

Phi Theta Kappa will be hosting a breast cancer awareness booth to encourage women to be aware and to know the signs and symptoms of breast cancer. We hope that the greater knowledge will lead to an earlier detection of breast cancer.

> Wednesday, October 22, 2014 11:45am-3pm

> > Infront of the café

The booth will
have a few items
for sell:
*pink hair bow ties
*glitter tattoos
*tickets for a raffle
*baked goods

The winner of the raffle will receive a movie basket, which contains
The Wizard of Oz Deluxe DVD set and some goodies.



We will also provide a cu out cancer ribbon for thos who would like to write th names of loved ones who have suffered, are suffering, or have beat breast cancer.

 $\Phi\Theta K$

Get It Now, Get It Anywhere....

Use the **MSMC Mobile App** to access Shuttle Schedules, Class Cancellations and others. Download the free "Ellucian Go" appfrom Google Play or the Apple App Store and select MSMC

OCTOBER Alcohol & Drug Awareness



- · Resist the urge to drink to fit in
- Friends should be supportive of you if you say, "No thanks"
- · Finds ways to have sober fun

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE WELLNESS.... The Mount Way!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

Halloween Costume? Costume Cupboard? Children's Dress Up?



Sr. Carol is cleaning out the academic garb closet and selling off some very old baccalaureate gowns. She is asking a donation of \$3 for a gown. See her in Bldg 2 upstairs.

Week Seven: Campus Fire Safety Month-Tip 1

We can all prevent fires, by making sure all fire safety equipment (smoke detectors, fire extinguishers, exit signs, etc.) are up to date and in proper working condition. Never overload an electrical outlet or power strip. Only use extension cords on a temporary basis and never have an open flame in resident's halls or areas that are a high fire zone. Always contact Campus Security if you see a fire.

Safety Tips are brought to you by the Dept. of Campus Security.

ISAE/Student Support Services (TRIO)

Join us on Friday, November 7th at 5:30pm at Rose Hills Auditorium as we watch "Tamale Road", a documentary about Salvadoran born Amanda Reyes who lost her father to murder in 1929. She was three. She was taken away from her family and lived her



entire life not knowing who they were. In 2009 her son, Marcos Reyes Villatoro, searched the entire country for the family. His search for the Reyes family is more than curiosity; it's his obsession. Like many Latinos in the U.S., Marcos has the need to know on a deeper level, what does it mean to be Latino? He searches for his roots. And what he finds is not pleasant. His family was involved in the Salvadoran struggles in a way he'd never dreamed. P

Feel free to invite your family and friends (Limit to 5 guests please) to join us for this event . Sign-Ups begin on Monday, October 20th at 9:00am in the ISAE Office. Please don't forget your \$20 refundable deposit (check or cash).

Important Dates

Last day to drop (withdrawn) from a class with a W Friday, October 31

You will need a drop slip, with these signatures: the instructor, your advisor, the Business Office, (and pay \$12), and the Student Finance Office.

Plan ahead; get signatures NOW.

Registration

Wednesday, Nov. 5 for Sophomores Thursday, Nov. 6 for Freshmen

Black Out Week Nov. 10-14

No one can register. Department chairpeople look at waitlists and under-enrolled classes.

Registration re-opens Nov. 15

Thanksgiving Holidays Nov. 27 and 28

Final Exams Dec. 9 through Dec. 12



Apply to be a **Doheny Orientation Leader!** Deadline: Monday, October 20th www.msmc.la.edu/apply-dohenyoleader





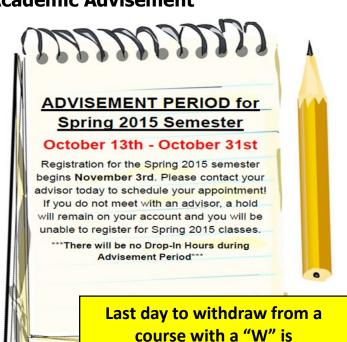
CPS Tip of the Week

Tip of the Week: Get Up and Get Moving!

- 1. Stretch out-Feeling tired and stressed after a long day of classes and work? Get up and stretch. Take 15 minutes to stretch out the muscles you use the most.
- 2. Take a walk-Grab a friend, grab your headphones and enjoy the view. Find a place and time that works for you and take a break to unwind, reflect on your day and get moving.
- 3. Grab a mat-Inside your dorm all day? Grab a yoga mat or a space on the carpet and develop your own indoor workout routine (for tips checkout: http:// www.wikihow.com/Start-Your-Own-Exercise-Regimen-and-Stick-to-It).
- 4. Pick your favorite- Have a sport or exercise that is your favorite? Check out MSMC fitness center for sports and classes that interest you.
- 5. Take advantage- Got 30 minutes to spare? Check out MSMC's Fitness Center for workout machines and weights.







Friday, October 31st



Now Hiring Math & English Tutors for New Designs Charter School Extended Learning Academy



For: Middle & High School Schedule: M-F: 6:50—7:50 AM & 4:00 PM—6:00 PM Saturday: 8:00 PM— 12:00 Noon. Rate: \$12/hr

ocation: 2303 S Figueroa Way, Los Angeles, CA 90007 Tel. No: (213) 765-9084

Please stop by the main office for an application. Office Hours 8am-5pm



YOGA:	Mon./ W ed.	8:00-9:00am
SWIM:	Mon./Wed.	11:30am-12:30pm
BOOTCAMP:	Mon./Wed.	6:00-7:0pm
ZUMBA:	Mon./ W ed.	7:00-8:30pm
SOCCER:	Tue./Thur.	4:00-5:00pm
MEDITATIVE YOGA:	Tue./Thur.	5:00-6:00pm
HIP HOP:	Tue./Thur.	6:30-7:30pm
PILATES:	Tue./Thur.	

HAUNTED MAZE Sign Ups

Sign up with Doheny Campus Ministry, Building 7 Help with setting up, clean up, decorating, scaring -Oct 24th -- Oct 31st -Get your SPR 85 slip signed

YARN "THERAPY"



Tuesday, Oct. 28, at 6pm
in House 10 parlor
Learn the basics of crocheting,
enjoy some cookies and meet new
people. If you have supplies, feel free
to bring them, or we will
provide you what you need.

This Week with Campus Ministry

COOKIES



Monday, Oct. 20, at 2pm

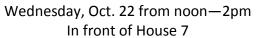
Join the Busy Person Retreat Prayer Night

Thursday, Oct. 23, 7:00pm, Mercy Chapel

Lunch Time Prayer

Thursdays at 1:00pm in Mercy Chapel Oct. 23, 30, Nov. 13, 20, Dec. 4

Make Flowers and Bows



Want to have flowers that never perish and vibrant bows? Learn to make flowers and bows using duct tape; enjoy a peaceful prayer before beginning. Light snacks and supplies will be provided.

CASA MAGNIFICA HALLOWEEN PARTY

Join House 20 and friends on Thursday, Oct. 23, at 9pm. All are welcome to fun, food, costume contest, and just a



great time to mingle and enjoy oneself in celebration of Halloween.

Send us the NAMES of your loved ones who have died

from Wednesday, Oct. 8 – Monday, Oct. 27
In the month of November, we remember in prayer the members of the Mount community who have died: our staff, faculty, Sisters, students, alums, friends and family members. We invite you to share the names of your loved ones who have died during the period of **November 2013 through October 2014;** we will then post their names in our campus chapels.

Here is the link where you can submit the names: http://www.msmc.la.edu/student-life/spiritual-life/campusministry/deceased-loved-ones.asp

Mass of Remembrance will be Tuesday, Nov. 11, at 4pm

CM Activities Continue

Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

Volume 44, Issue 9 October 27, 2014

CALENDAR OF EVENTS

MONDAY, OCT. 27

2:00 COOKIES

Tuesday, Oct. 28

6:00pm Yarn Therapy

Wednesday, Oct. 29

3:45 Bible Study

8:30pm Spirituality Night

Thursday, Oct. 30

1:00 Lunch Time Praver

1:00 African American Council of Women

1:00 Scholarship Consultant

7:00 Busy Person Retreat Prayer

9:00 Casa Halloween Party

Friday, Oct. 31

LAST DAY TO WITHDRAW FROM A CLASS

6:00 Haunted Campus





AFRICAN AMERICAN COUNCIL
OF WOMEN

IS LOOKING FOR

YOU!

Join us for pizza October 30, 2014, 1-2pm Building 2





Get into the Halloween Spirit of TREATING thousands of neighborhood children all dressed up to impress you.

Bring on the little kids for the Haunted Halloween Campus

Friday, October 31, 6:00pm—8:00pm

Don't let us run out of candy
DONATE TODAY!
Wrapped candies, please.
Bring Candy to boxes on campus or bldg. 7.



CAMPUS CLIMATE STUDY ON DIVERSITY

Have your voice heard.

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Session at

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For more information about the study, please contact the Beyond Diversity Resource Center. 856 235-2664 • info@beyonddiversity.org



Beyond Diversity Resource Center

All members of the College community are invited to participate!



Where is the Lost and Found?

Bldg 10

Talk to Toa 213-477-2560





The Athenian Promise

I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued.

Looking for a Scholarship?



Meet with **Sharla Berry**In the Student Success Center
(Bldg 2)
Thursdays 1—5

SPANISH LANGUAGE TEST

Need to take the Spanish test so that the General Studies GS IV requirement might be waived?

The test is being offered on Fridays in the Learning Resource Center. Make an appointment today. 213-477-2690

Tutors in the LRC

Writing Ms Chavana M-F

Sr. Daniel Therese TWTh 8—12

Mr. Dinsmore TTh 4—6

Ms. Livanis MW 12:40—3:40

F 12:40—2:40

Science Ms Zebboudj MW 1—6

TTh 9:30—11 and 4:30—6 F 9:30—11:30 and 1—2

Math Mr. Helston MWF 10:30 – 11:30

Math 10 Ms Teng Friday 8:15am- 9:00

Philosophy Ms Tregenza TTh 1—2:15

4-5:30 and F 11-3:30

Halloween Costume? Costume Cupboard? Children's Dress Up?



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Thank you from the Bursar's Office!

The Bursar's
Office would
like to thank
everyone who
supported our
Financial
Literacy
Workshops this
month. We
hope you
enjoyed them,



and learned something new about the Business Office and the services we provide!



HAVE A SAFE AND FUN HALLOWEEN!



ISAE/Student Support Services (TRIO)

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Registration re-opens Nov. 15

Thanksgiving Holidays Nov. 27 and 28

8000000000000000000000

Final Exams Dec. 9 through Dec. 12

Campus Security Safety Tips-

Week Seven: Campus Fire Safety Awareness Month-Tip 4

To survive a fire:

- If there is smoke in the room, keep low to the floor.
- Try to exit the room. Feel the doorknob, if it is hot, do not open the door.
- If the doorknob is not hot, brace yourself against the door and crack it open. If there is heat or heavy smoke, close the door and stay in the room.
- Don't panic, call 911 and Campus Security immediately. Seal up the cracks under the door with sheets, or towels. If there is smoke in the room, crack the windows at the bottom and at the top, if possible to allow for ventilation

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

Academic Advisement

Student Services Building 2nd Floor, Room 211

Office Hours

Monday-Friday 7:30am-4:30pm Friday 7:30-4:00pm

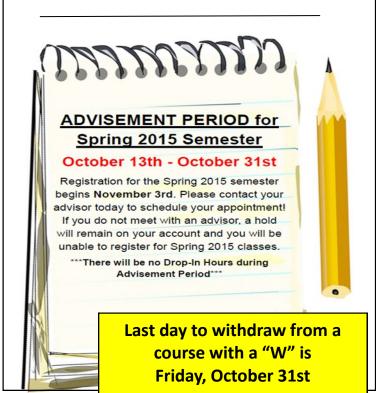
Phone: 213.477.2577 advisement@msmc.la.edu Visit our portal page under Academics>Academic Advisement for:

-Upcoming Events

-Access to our forms online

-Placement Score Info

-"How To" Videos



This Week with Campus Ministry

ST. FRANCIS TABLES

Named in honor of our Pope and the saint (Francis of Assisi) who inspired him, THE FRANCIS TABLE is a simple way in which the Mount family can help ensure that none of our members goes hungry.



There is one table in each of the campus chapels on the left side of the front doors. If you are a member of the Mount family, please just leave food when you have more than you need, and take food when you need it. There is no application, no system, no one you need to ask.

If you could include a thought of this as you go to the grocery store this weekend, you could make life much easier for a student or colleague at the Mount.



It's BIBLE STUDY time

Starting Wednesday, Oct. 29, from 3:45 to 4:15pm. Come join us for the first ever bible study in Mercy Chapel. Each week we will gather to

study, pray, experience, share, and grow by the word of God. God's Word has the power to change lives. Join us in an atmosphere of love and support as we study God's Word together and learn to apply it to our lives.

Hope to see you all there ♥

Events at CASA MAGNIFICA Casa Halloween Party

Thursday at 9pm, Oct. 30th in Casa Magnifica (upstairs in House 20)



All are welcome to join us for fun, food, costume contest, and just a great time to mingle and enjoy oneself in celebration of Halloween.



YOGA and YOGURT Wednesdays from 5-6pm in Mercy Chapel

Because of the great response to our Wednesday evening sessions, we have moved our remaining

Tuesday mornings to Wednesday evenings.

COOKIES



Monday, Oct. 27, at 2pm

Join the Busy Person Retreat Prayer Night

Thursday, Oct. 30, 7:00pm, Mercy Chapel



Lunch Time Prayer

Thursdays at 1:00pm in Mercy Chapel Oct. 30, Nov. 13, 20, Dec. 4

Send us the NAMES of your loved ones who have died

from Wednesday, Oct. 8 – Monday, Oct. 27
In the month of November, we remember in prayer the members of the Mount community who have died: our staff, faculty, Sisters, students, alums, friends and family members. We invite you to share the names of your loved ones who have died during the period of **November 2013 through October 2014;** we will then post their names in our campus chapels.

Here is the link where you can submit the names: http://www.msmc.la.edu/student-life/spiritual-life/campusministry/deceased-loved-ones.asp

Mass of Remembrance will be Tuesday, Nov. 11, at 4pm

HAUNTED MAZE Sign Ups

Sign up with Doheny Campus Ministry, Building 7
Help with setting up, clean up, decorating, scaring
-Oct 24th -- Oct 31st
-Get your SPR 85 slip signed



YARN "THERAPY"

Tuesday, Oct. 28, at 6pm in House 10 parlor

Learn the basics of crocheting, enjoy some cookies and meet new people. If you have supplies, feel free to bring them, or we will provide you what you need.



Spirituality Nights

Wednesdays at 8:30pm, Oct. 29, Nov. 5, 12, 29, and Dec. 3. All are welcome to join us for these prayerful and fun opportunities. October 29th will be a special one based on the learning about the saints for All Saints' Day.

Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

Volume 44, Issue 10 November 3, 2014

CALENDAR OF EVENTS

Monday, Nov. 3

2:00 Cookies in CM

Tuesday, Nov. 4

11:30 Vote for Saint

12:00 Community Engagement Fair

Wednesday, Nov. 5

3:45 Bible Study

5:00 Yoga and Yogurt 8:30 Spirituality Night

Thursday, Nov. 6

Friday, Nov. 7

1:00 Confirmation Session





THANK YOU....FOR HALLOWEEN EXTRAVAGANZA!

Thank you to
Maria lyons.
staff. students.
parents. friends
who put in hours
decorating our
campus. participated in Hallow-



een activities that evening. and spent hours cleaning up. You are great and make us so proud of being MSMC.

Important Dates Registration

Wednesday, Nov. 5 for Sophomores Thursday, Nov. 6 for Freshmen Friday, Nov. 7, for Chalon classes

Black Out Week Nov. 10—14

No one can register. Department chairpeople look at waitlists and under-enrolled classes.

Registration re-opens Nov. 15 **Thanksgiving Holidays** Nov. 27 and 28 **Final Exams** Dec. 9 through Dec. 12



DIA de los MUERTOS Ofrendas

Starting Saturday, Nov. 1 at Chalon and Monday, Nov. 3 at Doheny You are encouraged to bring a picture of a deceased loved one to place on our **community altar**,

which will be on display in the Chapel during this time.

In the month of November, we remember in prayer the members of the Mount community who have died: our staff, faculty, Sisters, students, alums, friends and family members.



Mass of Remembrance will be Tuesday, Nov. 11, at 4pm



FOOD DRIVE



Monday, November 3 to Friday, November 14

Please help in doing your part by donating at least one





Bring your non-perishable, Thanksgiving related food, cans preferred, to help 1500 homeless children from the Compton Unified School District!

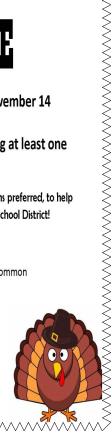
Donation Boxes



Business Office, Building 745
Building 10



Spousored by Inter-Club Council



CAMPUS CLIMATE STUDY ON DIVERSITY

Have your voice heard.

Be a part of exciting change.

Schedule a 50-Minute Feedback Session at

http://www.signupgenius.com/go/20F0C44A8AD22AAFB6-climate.

Questions contact Lucille Villegas at lvillegas@msmc.la.edu.

Feedback sessions will be held on Oct. 20-23 and Nov. 10-13 at the Chalon and Doheny Campuses.

For more information about the study, please contact the Beyond Diversity Resource Center. 856 235-2664 • info@beyonddiversity.org



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Beyond Diversity Resource Center

All members of the College community are invited to participate!

Looking for a one-unit course for spring?

Bus 093, Investing for Your Future.

This one-unit course meets

Tuesdays from 1:00 - 2:00 pm in one of the Building 4 classrooms lined with computers that we use every day for research on investing topics.

For many Doheny students, stocks and the stock market are true mysteries. But it doesn't have to remain that way. In our course, you'll learn the basics and be more than able to set up your options in your future employer's 401-K retirement plan.

This is something we all have to learn; our course is designed to make it timely and easy for you to be successful while Investing for Your Future.

—Jim Kelly—Instructor

Tutors in the LRC

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Ms Chavana M-F Writing 8-4 Sr. Daniel Therese TWTh 8—12 Mr. Dinsmore TTh 4---6 Ms. Livanis MW 12:40-3:40 F 12:40—2:40 Science Ms Zebboudj MW1--6 TTh 9:30—11 and 4:30—6 F 9:30—11:30 and 1—2 Mr. Helston **MWF** 10:30 - 11:30Math Math 10 Ms Teng Friday 8:15am-9:00 Philosophy Ms Tregenza TTh 1 - 2.154-5:30 and F 11-3:30

ISAE/Student Support Services (TRIO)

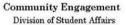
Invite your family and friends and join us on Friday, November 7^{th,} at 5:30pm at the Doheny Rose Hills Auditorium as we watch <u>Tamale Road</u>, a documentary about Marcos Villatoro's search for his family in El Salvador. His search for the Reyes family is more than curiosity; it's his obsession. What he finds is not pleasant. His family was involved in the Salvadoran struggles in a way he'd never dreamed.

Sign-Up in the ISAE Office. Please don't forget your \$20 Refundable Deposit. We will have light refreshments.

Doheny ISAE Office Bldg. 7, 1st Floor Back Veronica Martinez (<u>mvmartinez@msmc.la.edu</u>) (213) 477-2663

The Athenian Promise

I will support a culture of diversity by respecting the rights of those who differ from me.



Service * Learning * Community

Join us for the

2014 Community Engagement Fair DohenyCampus

Tuesday, November 4th
12:00 p.m. – 3:00 p.m. on the North Lawn

Come see all the wonderful ways you can get involved and make a difference in your community! *All Are Welcome*

Organizations attending include:



WHERE WILL YOU SIT?

late

JOIN US ON THURSDAY, NOV. 13TH DONOHUE CENTER 6-7:30PM

FOR THE

OXFAM HUNGER BANQUET

Presented by the Campus Ministry Social Justice and Community Service Team

An event to bring awareness to the issues of hunger, poverty and social injustice through an interactive dinner experience.

Admission is free, but a donation of canned goods would be greatly appreciated.

Campus Security Safety Tips- Week Eleven: Alcohol Awareness— Fact 1

Dependency reports approx. 5,000 young people under the age of 21 die as a result of underage drinking. This includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, and hundreds from other injuries such as falls, burns, and drowning.

And, approximately 600,000 college students are unintentionally injured while under the influence of alcohol. Approximately 700,000 students are assaulted by other students who have been drinking and about 100,000 students are victims of alcohol-related sexual assault or date rape (from NCADD Fact Sheet: Facts About Underage Drinking).

National Council on Alcoholism and Drug

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

CPS TIP OF THE WEEK! Beat Procrastination

"A journey of a thousand miles begins with a single step"- Lao-Tzu

Midterms are over and finals are just around the corner. Taking time to relax is important, but be careful of falling into the pattern of procrastination. Procrastination is a fairly common behavior for college students. Interestingly, procrastination is only remotely related to time management, (procrastinators often know exactly what they should be doing, even if they cannot do it), which is why very detailed schedules are usually no help. Here are some tips to help you avoid falling prey to procrastination:

- * Stay current with homework and readings. If you are too far behind when finals hit, then your stress will be greater and it will be more difficult to find motivation to study.
- * Make tasks look small and easy ("I've done lots of papers before, this is just one more.")
- * Try the five-minute plan: Work on something for just five minutes. At the end of five minutes, switch to something else if you want. Chances are, you'll get involved enough to keep going.
- * Get help from your friends! Find the friends who are consistent studiers and make them role models. Advertise your plans to study so your friends can provide peer pressure to encourage you to finish your work.
- And finally, schedule time to relax and socialize as a reward after you have completed some of your tasks.

Adapted from California Polytechnic State University Academic Services Center

This Week with Campus Ministry

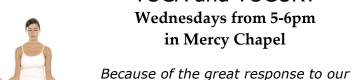
ST. FRANCIS TABLES

There is one table in each of the campus chapels on the left side of the front doors. If you are a member of the Mount family, please just leave food when you have more than you need, and take food when you need it. There is no application, no



system, no one you need to ask.

YOGA and YOGURT Wednesdays from 5-6pm



Wednesday evening sessions, we have moved our remaining Tuesday mornings to Wednesday evenings.

Slow down, breathe and pray in a peaceful and spiritual setting. Sessions are free and don't require advance sign-up. Wear comfortable clothing. Yogurt and water provided.

Sponsored by Fitness Education and Campus Ministry

SUNDAY MASS at Chalon

Sunday, Nov. 2, at 7:00pm in Mary Chapel Everyone, of every religious tradition, as well as family and friends,

are invited to join us for this Eucharistic Liturgy!

COOKIES



Monday, Nov. 3, at 2pm

Spirituality Nights

Wednesdays at 8:30pm, Nov. 5, 12, 29, and Dec. 3. All are welcome to join us for these prayerful and fun opportunities. October 29th will be a special one based on the learning about the saints for All Saints' Day.

> Confirmation Session Friday, Nov. 7, 1:00

ALL SAINTS' WEEKS

Nov. 1-14

Celebrate the saints we've heard of, the ones we haven't and the ones we've known from our own lives! Tell us who your favorite saint is and we'll see who is the most popular this year! Look around for saints you know and saints you don't.

VOTE for Your Favorite Saint

Tuesday, Nov. 4, from 11:30 -1:30pm in front of the cafeteria at Doheny Vote for your favorite saint in person and receive a little goodie!



The Bursar's Office

Would like to remind you...

As you begin to prepare for Spring 2015 advisement and registration, keep in mind that you'll also need to clear your account!

Remember: Check your statement after you register, and if you owe a balance.. [

- √ Pay it off, or
- √ Set up a payment plan

Student Registers

Student Receives eStatement

Student **Financially Clears** Account by FCD

Doing a <u>health insurance waiver</u> is part of clearance, so don't forget to submit one for Spring! Our online waiver will be available soon!

It's BIBLE STUDY time at Doheny



Wednesday, Nov. 5, from 3:45 to 4:15pm.

Come join us for bible study in Mercy Chapel. Each week we will gather to study, pray, experience, share, and grow by the word of God.

Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

Volume 44, Issue 11 November 10, 2014

CALENDAR OF EVENTS

Monday, November 10

Tuesday, November 11 Veterans' Day

> 11:30 All are Artists

Mass of Remembrance 4:00

7:30 Pilates Class

Wednesday, November 12

Can Drive

3:45 Bible Study

Yoga & Yogurt 5:00

7:00 Piyo Class

9:30 Spirituality Night

Thursday, November 13

9:45 Bake Sale—PTK

1:00 Praver Time

1:00 Scholarship Consultant

WHERE WILL

YOU SIT

JOIN US ON

DONOHUE CENTER 6-7:30PM

FOR THE OXFAM HUNGER

ANQUET

THURSDAY, NOV. 13

6:00 Hunger Banguet

Friday, November 14







DIA de los MUERTOS **Ofrendas**

You are encouraged to bring a picture of a deceased loved one to place on our community altar, which will be on display in the Chapel during this time.

In the month of November, we remember in prayer the members of the Mount community who have died: our staff, faculty, Sisters, students, alums, friends and family members.



Mass of Remembrance will be Tuesday, Nov. 11, at 4pm





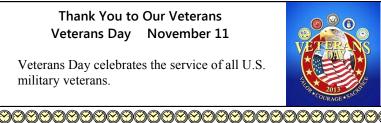
Monday, November 3 to Friday, November 14

Please help in doing your part by donating at least one

can of nonperishable food!

Bring your non-perishable, Thanksgiving related food, cans preferred, to help 1500 homeless children from the Compton Unified School District!

Thank You to Our Veterans Veterans Day November 11



Veterans Day celebrates the service of all U.S. military veterans.

Community Service Team

An event to bring awareness to the issues of hunger, poverty and social injustice through an interactive dinner experience.

Admission is free, but a donation of canned goods would be greatly appreciated.

Important Dates

Black Out Week Nov. 10—14

No one can register. Department chairpeople look at waitlists and under-enrolled classes.

)OOOOOOOOOOOOOOOOOOOOO

Registration re-opens Nov. 15

Thanksgiving Holidays Nov. 27 and 28 **Final Exams** Dec. 9 through Dec. 12



business hours in November and receive a

FREE GIFT and take the PLEDGE TO BE SMOKE FREE!





FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES

Chalon 310-954-4110 Doheny 213-477-2685



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CAMPUS CLIMATE STUDY ON DIVERSITY

Have your voice heard. Be a part of exciting change. Schedule a 50-Minute Feedback Session at Www.signupgenius.com/go/20FOC44A8AD22AAFB6-climate

> Questions? Beyond Diversity 856-235-2664 info@beyonddiversity.org

discount taken at register

The bookstore is starting to make room for all the new University items that will go on sale January 1st. So all clothing, gifts, and school supplies with the college name and logo are now 25% off. The sale is only offered in store and not online for now.



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 Bus 093, Investing for Your Future.

Learn about stocks, 401 K retirement plan, etc. Enter the work force knowledgeable about how to invest your mon-

ey. Open and needed in any major.

15/SP BUS 93 Tuesdays 1:00 0 2:00 1 unit successful while Investing for Your Future.

—Jim Kelly—Instructor □

Attention Students!

Do you need help finding scholarships?

Do you want to learn how to avoid loans?

Want to shrink your college bills?

Come see Sharla Berry, the Scholarship Specialist!



WHERE: Student Success Center, Building 2, Office 108 WHEN: Thursdays from 1-5



You Don't Need An Appointment, Just Stop By!

You can also email <u>sberry@msmc.la.edu</u> with questions!

Wednesdays 7-8PM November 5th, 12th & 19th

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Muscle Sculpting of ← Flexibility of ← Non-Stop Fluid

Yoga

Pilates

Movement



@ The Doheny Fitness Center 💥

PILATES CLASS!

Come, de-stress from midterms and strengthen your core! Open to all Students, Staff & Faculty

TUESDAYS 7:30 - 8:30pm

November 4th, 11th & 18th

@ The Doheny Fitness Center



It's BIBLE STUDY time

Wednesday, Nov. 12, from 3:45 to 4:15pm.



in Mercy Chapel.



CPS Tip of the Week

Are You Physically or Emotionally Hungry?

There is a big difference between feeling hungry and having a physical sensation of hunger in your body. Take a look to see if you are a physical eater or emotional eater.

- Craving hits you suddenly
- No physical cues
- Craving for specific comfort
- · Full stomach is not satisfying
- Have to be satisfied instantly
- Eating leads to guilty feelings

- · Stomach growling
- Low energy
- Thinking about food options
- Hunger grows gradually
- Stop when full
- · Time has passed since last meal

If you're feeling blue—or want to ward off feeling that way—there are some foods to consider adding to your diet that might help. Studies suggest that the following foods may help reduce stress, ease anxiety and fight depression. See which healthy foods to eat to help you boost your mood.

10 Foods can Boost Your Mood!

1. Dark Chocolate

Contains flavonoids can help release dopamine.

3. Orange

Oranges are high in vitamin C which boosts the immune system and reduces cortisol levels.

5. Skim milk

Skim milk helps to reduce stress-related PMS symptoms

7. Black tea

Black tea can reduce cortisol level.

9. Almonds

Vitamin E and B in Almond will boost the immune system and help you more resilient to stress.

Complex carbs are involved in the release of serotonin which produces a sense of calmness.

4. Spinach

Spinach is high in magnesium which plays a role in regulating and lowering blood pressure.

6. Salmon

Salmon contains Omega-3 helps reduces inflammation and pain.

8. Avocados

Avocados contain healthy fat which keeps you satisfied and help you think clearer.

10. Pistachios

Pistachios are the lowest fat and calorie nut which helps keep your mood stable.

If you've tried self-help options but you still can't get control of your emotional eating, don't forget CPS is there for you. Professional therapists can help you understand the motivations behind your emotional eating and help you learn new coping skills. Stop by or call us to make your initial appointment.



Campus Security Safety Tips- Week Twelve: Alcohol Awareness – Fact 2

National Council on Alcoholism and Drug Dependency reports underage drinking is a risk factor for

heavy drinking later in life, and continued heavy use of alcohol leads to increased risk across the lifespan for acute consequences and for medical problems such as cancers of the oral cavity, larynx, pharynx, and esophagus; liver cirrhosis; pancreatitis; and hemorrhagic stoke. (U.S. Department of Health and Human Services, Office of the surgeon General. March 2007. The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking.)

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

Early Children Education club
will be having a
Can Drive!
In the Thanksgiving spirit
we will be donating canned goods to St. Francis Center.
Bring your canned goods
When: Nov. 12, 2014
Where: In front of Ahmanson Commons

A special treat will also be given out to people who donate at least 5 cans!

- Early Child Development Club





NKSGIVING **SWEETS**

When: Thursday, November 13th, 2014 Where: In front of the Café

Time: 9:45am-2pm

 $\Phi\Theta K$

baked goods and slices of pie.

game for \$1!

for and be able to attach it to our



This Week with Campus Ministry

YOGA and YOGURT Wednesdays from 5-6pm in Mercy Chapel





SUNDAY MASS at Chalon

Sunday, Nov. 9 ,at 7:00pm in Mary Chapel Everyone, of every religious tradition, as well as family and friends, are invited to join us for this Eucharistic Liturgy!

We Are ALL ARTISTS

Tuesday, Nov. 11, from 11:30am-12:30pm
in front of House 7 at Doheny
Don't think you are creative? Don't believe that! Come
and make a painting of your own. Prepare to get dirty
and wear something you wouldn't mind getting paint on.
Limited supplies will be available.

The Bursar's Office

Would like to remind you...

As you begin to prepare for Spring 2015 advisement and registration, keep in mind that you'll also need to <u>clear your account!</u>

Remember: Check your statement after you register, and if you owe a balance.

- ✓ Pay it off, or
- ✓ Set up a payment plan



Doing a <u>health insurance waiver</u> is part of clearance, so don't forget to submit one for Spring! Our online waiver will be available soon!

COOKIES

COOKIES

Monday, Nov. 3, at 2pm

CASA MAGNIFICA Spirituality Nights

Wednesdays at 9:30pm, Nov. 12, 29, **All are welcome** to join us for these prayerful and fun opportunities in House 20.



PRAYER TIME

PRAYER Opportunities for YOU!

Take a break and join us for simple prayer experiences that will enrich your day.

It only takes 20 minutes!

Thursdays at 1:00pm in Mercy Chapel



ALL SAINTS' WEEKS

Nov. 1-14

Celebrate the saints we've heard of, the ones we haven't and

the ones we've known from our own lives! Tell us who your favorite saint is and we'll see who is the most popular this year!

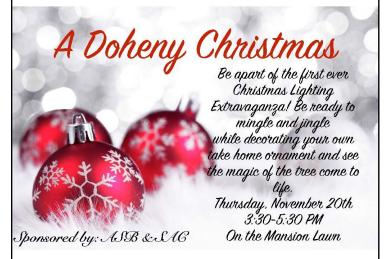
***CALLING ALL RESIDENTS!! ***

Get to meet your ASB Resident Senators at the November Resident Meet and Greet over

some pumpkin pie!

When? Wednesday November 19 @ 6:30 pm Where? Hannon Hall Lounge





Upcoming Events for the Traditional A.A. Students

Mount St. Mary's College, Doheny Campus

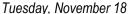
Volume 44, Issue 12 November 17, 2014

CALENDAR OF EVENTS

Monday, November 17

11:30 Fitness Training 4:30 The Criminal Mind

7:00 Basketball



5:00 Yarn Therapy

7:30 **Pilates**

Wednesday, November 19

Fitness Training 1:00

3:45 Bible Study

5:00 Yoga & Yogurt

7:00 Piyo

8:00 Dance

Thursday, November 20

1:00 Prayer Time

1:00 Scholarship Consultant

3:30 Christmas Lighting

Friday, November 21

1:00 Confirmation Session

Come join the English Department & $\Phi\Theta$ K for a movie night!



EXTRA CREDIT

It is almost the end of the semester, BUT you still have the chance to bring your grades up!

Professors who are giving out extra credit for this event:

- E. STURGEON
- L. LIVANIS J. JOHNSON D. WEAVER

- E. DINSMORE C. SCHAEFFER

We will be selling:

TIME: 4pm-7pm

WHERE: Wigwam **WHEN:** Tuesday, November 25th

Bags of Popcorn Arizona Tea Bags of Chips Baked Goods

**See your instructor for extra credit instructions.

**Make sure to keep your movie ticket for those instructors who require you to staple it to your paper.





mingle and jingle while decorating your own take home ornament and see the magic of the tree come to Thursday, November 20th

3:30-5:30 PM On the Mansion Lawn

Sponsored by: ASB &SAC

The California School of Forensic Studies presents: The Criminal Mind with Dr. Eric Hickey

Monday, November 17 | 4:30pm-5:30pm Mount St. Mary's College Donahue Center

Renowned Criminologist, and Dean of CSFS, Dr. Eric Hickey will be visiting Mount St. Mary's College to discuss the exciting and diverse careers in the fields of criminology, forensics, and forensic studies, and how our cutting-edge Applied Criminology graduate program can prepare you.

- Real-life cases from Dr. Hickey's 30+ year career
- Criminology defined
- Career opportunities in the field of criminology

Eric Hickey, PhD Dean, California School of Forensic Studies

Dr. Eric Hickey is an expert on serial killers, psychopaths and sexual predators. He is author of several books including Serial Murderers and Their Victims, now in its 5th edition. Dean Hickey has taught many courses In criminal personalities, sex crimes, homicide and

psychopathology. He has considerable field experience working with the criminally insane, psychopaths, sex offenders and other habitual criminals. He publishes books, articles and lectures extensively on the etiology of violence and serial crime

Dr. Hickey's expertise is regularly sought by media such as the Discovery Channel, the History Channel, CNN, NPR, Newsweek, 20/20, A&E Biography, Good Morning America, Tru TV (formerly Court TV) and many others.

SFS CALIFORNIA SCHOOL OF FORENSIC STUDIES LIANT INTERNATIONAL UNIVERSITY

Open to all in the Mount Saint Mary's community

For more info contact:

Meg Lawry mlawry@msmc.la.edu

Your bachelor's degree in sociology, psychology or criminal justice will prepare you to scientifically study crime-otherwise known as the field of Criminology. This emerging and dynamic field will enhance your skill set for careers in:

- Criminal Justice
- Law Enforcement: local, state & federal
- Border Security
- Psychological Services: victim & social
- Probation & Parole
- Fire & Medical Services
- Education

facebook.com/ForensicStudies

twitter.com/ForensicStudies

ForensicStudies.Alliant.edu

Fresno | Los Angeles | Sacramento | San Diego

rsity accredited by the Weslem Association of Schools and Colleges (WASC). We are an equal opportunity employer and educator



business hours in November and receive a

the Mount way

FREE GIFT and take the PLEDGE TO BE SMOKE FREE!





FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES

Chalon 310-954-4110 **Doheny 213-477-2685**









Want a new Work Study Position in the Spring?

The AA Dean's Office is hiring. Please see Sr. Carol on the second floor of Bldg 2.

discount taken at register

The bookstore is starting to make room for all the new University items that will go on sale January 1st. So all clothing, gifts, and school supplies with the college name and logo are now 25% off. The sale is only offered in store and not online for now.



The LRC has scheduled a date for the

Math Placement Exam

on Wednesday, November 19, 2014. All interested students should see

Nancy Chavana in the LRC or sign-ups. This is the only day the test will be offered for this semester.

Attention Students!

Do you need help finding scholarships? Do you want to learn how to avoid loans? Want to shrink your college bills? Come see Sharla Berry,

the Scholarship Specialist!



WHERE: Student Success Center, Building 2, Office 108 WHEN: Thursdays from 1-5



You Don't Need An Appointment, Just Stop By!

You can also email sberry@msmc.la.edu with questions!

Are you stressed?

Are you ready to give up on the semester?

Don't quit just yet!

Join us at the Doheny Fitness Center. Relax your brain and let vour muscles do some work.

BASKETBALL



Mondays @ 7:00pm

November 17th

PILATES

Tuesdays @ 7:30pm

November 18th

PIYO

Wednesdays @7pm

November 19th

DANCE

Wednesdays @8pm

November 19th

FITNESS TRAINING



Mondays 11:30am-12:30pm & Wednesdays 1:00-2:00pm 11/19, 12/1 & 12/3







HEALTH INSURANCE WAIVER

HEALTH INSURANCE COVERAGE

Available: November 14, 2014 Spring/Summer Insurance: Deadline: January 31, 2015 \$1,073.84 (01/02/15-08/15/15)

Check your Mount St. Mary's email for weekly reminders and feel free to call the Business office if you have any questions at (310)-954-4040 or (213)-477-2540

ONLINE INSURANCE WAIVER: http://www.msmc.la.edu/insurance

President Ann McElaney-Johnson invites you and your family to join the Mount Community to celebrate the holiday season



SUNDAY, DECEMBER 7, 2014 · 2:00-4:00 P.M.

Mount St. Mary's College • Doheny Mansion • 10 Chester Place • Los Angeles

FEATURING

- Mansion lectures by Don Sloper, author of "Chester Place"
 Self-guided tours (docents will be available)
- Carolers in turn-of-the-century costumes Tasty treats

RSVP TO SUSAN LEE AT SLEE@MSMC.LA.EDU OR 213.477.2962



Campus Security Safety Tips- Week Thirteen: Alcohol Awareness – Fact 3

National Council on Drug Dependency reports Underage alcohol use increases the risk of physical and sexual assault, academic failure,

illicit drug use, and tobacco use; and can cause a range of physical consequences, from hangovers to death from alcohol poisoning. It can cause alterations in the structure and function of the developing brain, which continues to mature into the mid— to late— twenties, and may have consequences reaching far beyond adolescence. (U.S. Department of Health and Human Services, Office of the Surgeon General. March 2007. The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking.)

Safety Tips are brought to you by the Dept. of Campus Security.

Stay Informed, Stay Alive

CPS Tip of the Week



STAYING MOTIVATED!

CONGRATULATIONS! You've made it more than halfway through the semester! BUT, we're not quite to the end yet, and with the holidays coming it can feel hard to stay motivated. Here are a few tips to help!

- Remember what your goal is: It can be easy during this part of the semester to lose sight of why you are working so
 hard. Clarify what you want, and remind yourself why it's important to you! Maybe write out your goal and post it in
 your bathroom, or set it as a background on your phone/computer to keep you motivated!
- Set small reasonable goals for yourself: Give yourself time to accomplish your goal! Instead of trying to write a 10
 page paper in one day, maybe only commit to writing 1 page per day. Don't try to do too much too quickly!
- Think about how you'll feel AFTER you reach your goal: Instead of focusing on how difficult something might be in the moment, think about all of the positive feelings you'll have AFTER to help keep you going!
- Ask for help: Remember, don't try to do it all by yourself! Maybe ask a friend to be a study buddy or a workout buddy, or let your family/friends know that you need a little extra time to yourself so that you can reach your goal.
 Don't forget that professors and other staff want to help you too!
- Be kind to yourself: Beating yourself up for not always doing as well as you would like, keeps you feeling down.
 Instead, try using the same encouraging words for yourself that you would use for your friends/family. And be sure to find a way to reward yourself after you accomplish your goals!

Next Week's **Doheny Happenings**

will be a **two-week issue** covering from Nov. 24 through Dec. 5.

It will also be the Last <u>Doheny Happenings</u> for Fall 2014. Send articles to <u>Doheny Happenings@msmc.la.edu.</u>

П

This Week with Campus Ministry

YOGA and YOGURT Wednesdays from 5-6pm in Mercy Chapel



SUNDAY MASS at Chalon

Sunday, Nov. 23, at 7:00pm in Mary Chapel Everyone, of every religious tradition, as well as family and friends, are invited to join us for this Eucharistic Liturgy!

YARN "THERAPY" Tuesday, Nov. 18, 5:00pm in Bldg 10 Parlor



It's BIBLE STUDY time

Wednesday, Nov. 19, from 3:45 to 4:15pm.

in Mercy Chapel.





Pie Fundraiser



When: Tuesday, Nov. 25

Where: Cafeteria

From: 1-5

ASH ONLY!

Come Support The Business Club!



COOKIES

Monday, Nov. 17, at 2pm

PRAYER TIME

PRAYER Opportunities for YOU! Take a break and join us for simple prayer experiences that will enrich your day. It only takes 20 minutes! Thursdays at 1:00pm in Mercy Chapel

DIA de los MUERTOS Ofrendas You are encouraged to bring a picture of a deceased loved one to place on our community altar, which will be on display in the Chapels during this month.

> Confirmation Session Friday, Nov. 21, 1:00

Final Examination Schedule Fall Semester December 8th – 11th, 2014

Cut out this schedule. Circle the times you have a class. Read the test DAY at the top of the column and the <u>TIME</u> of the test in the left column. Plan for study and work times.

Exam Periods	Monday	Tuesday	Wednesday	Thursday
	Dec. 8	Dec. 9	Dec. 10	Dec. 11
8:00-10:00	M-W-F	T - TH	M-W-F	T - TH
AM	9:10 a-10:10a		8:00a-9:00a	8:00a-9:30a
10:30 - 12:30	M-W-F	T - TH	M-W-F	T-TH
PM	11:30a-12:30p	9:40a-11:10a	10:20a-11:20a	11:20a-12:50p
1:00 - 3:00 PM	M-W-F 1:50 p-2:50 p M-W 1:20p-2:50p	T - TH	M-W-F	M-W-F 12:40 p-1:40 p
3:30 - 5:30	M-W	T - TH	M-W-F	T - TH:
PM	3:00p-4:30p	4:00p-5:30p	4:40p-6:10p	2:20p-3:50p

Upcoming Events for the Traditional A.A. StudentsMount St. Mary's College, Doheny Campus

Volume 44, Issue 13

November 24, 2014

CALENDAR OF EVENTS

Tuesday, Nov. 25

11:00 Stress to Rest

1:00 Bake Sale

4:00 V for Vendetta

Wednesday, Nov. 26

Nov. 27 and 28 Thanksgiving Holidays College Closed.

Sunday, Nov. 30

7:00pm Mass at Chalon

Monday, Dec. 1

12:00 Advent Wreaths

Tuesday, Dec. 2

Wednesday, Dec. 3

12:00 Advent Bracelets

Thursday, Dec. 4

Toiletries Donation Drive

1:00 Santa Comes

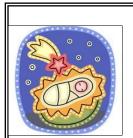
1:00 Prayer Time

Friday, Dec. 5

Last Class

Sunday, Dec 7, 2:00—4:00
Christmas Open House at the Mansion
Families Invited.

Dec. 8—11 Final Exams

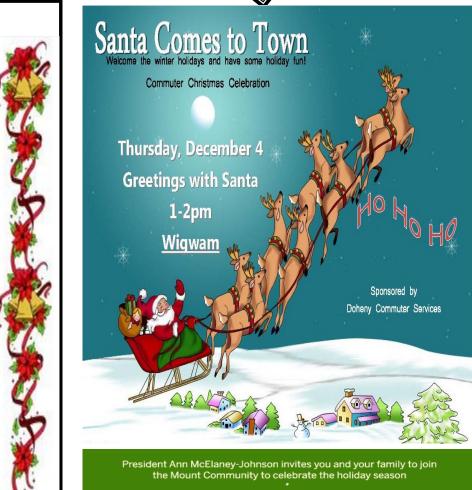


Christmas Holidays Dec. 12—Jan 11 No Classes

College Offices Closed Dec. 24—Jan 4

Spring Classes Begin Monday, January 12

Mount St. Mary's College officially becomes Mount St. Mary's University January 1, 2015







Want a new Work Study Position in the Spring?

The AA Dean's Office is hiring. Please see Sr. Carol on the second floor of Bldg 2.

Doheny Bookstore's Thanks giving holiday hours:

Monday and Tuesday, Nov. 24 and 25, 8am to 7pm

Wednesday, Nov. 26 8am to 2pm

Closed Nov. 27 through Nov. 30



Are you stressed?

Are you ready to give up on the semester?

Don't quit just yet!

Join us at the Doheny Fitness Center. Relax your brain and let your muscles do some work.

FITNESS TRAINING

Mondays 11:30am-12:30pm & Wednesdays 1:00-2:00pm 11/19, 12/1 & 12/3



ENG 17 Literary Focus
Class Exhibition
"Uncle Tom's Cabin"
in the Library, Second Floor

Come check out our exhibits





Thank you, ASB

for providing the tree lighting and Christmas goodies to help us enter into this wonderful time of the year.





MOVIENIGHT

Come join the
English
Department &
PTK for a movie
night!

V for Vendetta

Tuesday, Nov. 25, 4—7pm Wigwam

> Popcorn, Tea, Chips, Baked Goods for sale

HEALTH INSURANCE Mount St. Mary's College



HEALTH INSURANCE WAIVER

HEALTH INSURANCE COVERAGE

Spring/Summer Insurance: Available: November 14, 2014 \$1,073.84 (01/02/15-08/15/15) Deadline: January 31, 2015

Business office if you have any questions at (310)-954-4040 or (213)-477-2540

ONLINE INSURANCE WAIVER: http://www.msmc.la.edu/insurance



Get the total College experience.

LIVE ON CAMPUS

Commuters can now apply to live on

campus for Spring 2015! We have different types of rooms available

Become a resident in 4 easy steps:

Step 1: Fill out a Housing Pending Status Form and turn in at the Chalon or Doheny Residence Life office.

Step 2: Registered for 12 units or more.

Step 3: Clear any holds on your account (Business Office, Health Services, Registrar's Office, Financial Aid, etc.)

Email: dohenyresidence@msmc.la.edu | Phone: (213)477-2661| Office: Hannon 12



DO YOU WANT A NEW WORK -STUDY JOB FO

THE SPRING? DOHENY RESIDENCE LIFE IS

HIRING!!!

Community Programmers & Community Assistants Must have work-study

Stop by the Residence Life Office to Pick-Up an Application

Join our Team!

Applications are due in the Residence Life office

Questions: Contact our office (213)477-2166

Pie Fundraiser



When: Tuesday, Nov. 25 Where: Cafeteria

From: 1-5

ASH ONLY!

Come Support The Business Club!



Campus Security Safety Tips Holiday Safety-Tip 1

With the Holiday's rapidly approaching it's important to remember safety when you are out shopping for family and friends. Take a few precautions before hitting those sales. Carry only items that you will need. Don't take all your

credit cards and only carry the amount of cash you will need. Avoid taking a purse if possible and carry your wallet in your front pocket. If you need to use an ATM, use one in a very well-lit public place or inside the shopping mall. Try to park close to your destination and stay away from parking by bushes or anywhere someone can surprise you when you come back to your vehicle. If you feel you are being followed back to Campus, inform Campus Security immediately.

- Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

The Bursar's Office

Would like to remind you... After registering for the Spring 2015 semester, keep in mind that you'll need to

CLEAR YOUR ACCOUNT by DECEMBER 10!

Remember: Check your statement after you register, and if you owe a balance... Pay it off in full, or

Set up a payment plan, AND Waive health insurance (optional)

Financial Clearance Deadline dates can be found online at: http://www.msmc.la.edu/student-life/business-office/formsfinancial-documents/business-office-clearance-deadlines.asp Our online health insurance waiver is AVAILABLE NOW at: http://www.msmc.la.edu/insurance

Contact the Bursar's Office if you have any questions about these policies!

PRAYER for Finals

OGOD,

It seems as though our lives are one test after another, weighing us in somebody's balance. Save us from taking the coming tests too seriously or too lightly, but grant that we may reflect the best of the work we've done and the best of the teaching we've received.

Amen.

This Week with Campus Ministry

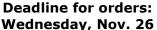


a period of quiet anticipation of the gradual coming of Light in the darkness -

Purchase an **Advent WREATH**

for \$15 per wreath

(to cover costs – not for profit!) Look for Registration and Order Forms around campus soon.



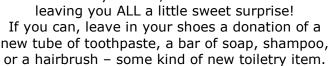
We will have a wreath-making party on Dec. 1 and 2 from noon-4pm!

A VISIT from ST. NICK and

TOILETRIES DONATION DRIVE

Residents: Thursday night, Dec. 4
Put your shoes out in front of
your door by 9pm!

Then . . . St. Nick's helpers will come by to visit,



Staff, Faculty and Commuters:

Thursday and Friday, Dec. 4-5 Leave your toiletries donations in boxes in the Campus Ministry offices and receive a treat.

Advent BRACELET-MAKING

Wednesday, Dec. 3,

from noon-2:30pm in House 7
Enjoy making an Advent craft:
a wreath bracelet that will remind you
of the special season before Christmas.



Holiday shopping? Think FAIR TRADE What is Fair Trade?

Fair Trade is a growing, international movement which ensures that producers in poor countries get a fair deal. This means a fair price for their goods (one that covers the cost of production and guarantees a living income), long-term contracts which provide real security; and for many, support to gain the knowledge and skills

many, support to gain the knowledge and skills that they need to develop their businesses and increase sales.

COOKIES

COOKIES

Monday, Nov. 24 and Dec. 1, at 2pm

PRAYER TIME

PRAYER Opportunities for YOU!

Take a break and join us for simple prayer experiences that will enrich your day.

It only takes 20 minutes!

Thursdays at 1:00pm in Mercy Chapel

DIA de los MUERTOS Ofrendas You are encouraged to bring a picture of a deceased loved one to place on our community altar, which will be on display in the Chapels during November.

SUNDAY MASS at Chalon



at 7:00pm in Mary Chapel Sunday, Nov. 30 and On Dec. 7,

MASS & PROCESSION

of roses and prayer in honor of

Nuestra Señora de Guadalupe

followed by

some hot chocolate and pan dulce! Take the **6pm shuttle** from Doheny.

BIBLE STUDY Wednesday, Dec. 3, 3:45—4:15



Final Examination Schedule Fall Semester December 8th – 11th, 2014

Exam Periods	Monday	Tuesday	Wednesday	Thursday
	Dec. 8	Dec. 9	Dec. 10	Dec. 11
8:00-10:00	M-W-F	T - TH	M-W-F	T - TH
AM	9:10 a-10:10a		8:00a-9:00a	8:00a-9:30a
10:30 - 12:30	M-W-F	T - TH	M-W-F	T-TH
PM	11:30a-12:30p	9:40a-11:10a	10:20a-11:20a	11:20a-12:50p
1:00 - 3:00 PM	M-W-F 1:50 p-2:50 p M-W 1:20p-2:50p	T - TH	M-W-F	M-W-F 12:40 p-1:40 p
3:30 - 5:30	M-W	T - TH	M-W-F	T - TH:
PM	3:00p-4:30p	4:00p-5:30p	4:40p-6:10p	2:20p-3:50p

Upcoming Events for the Traditional AA. Student
Mount St. Mary's University, Doheny Campus

Volume 44, Issue 15 January 12, 2015

THIS WEEK

Monday, January 12 First day of classes

> Monday, January 19 Martin Luther King Holiday College closed



Tuesday, January 20

Last Day to Add/Drop a class

Last Day to Apply for Graduation (Dec. 2015) (without a fee)

15/SP Spring 2015 Programs:

Last day to <u>ADD/DROP</u> for Spring 2015 is **Tuesday, January 20, 2015**. Classes **MAY NOT BE ADDED** after this date!

A student may however still <u>WITHDRAW</u> from a class, but will receive a grade of "W" and must pay a \$13.00 fee at the Business office. The last day to withdraw is **Friday, March 20, 2015.**



Also...REMEMBER that...

ALL students are required to <u>CONFIRM ENROLLMENT</u> via WebAdvisor by the end of the day...Monday, January 5, 2015

Failure to log on and confirm enrollment will result in you possibly being DROPPED from your Spring 2015 classes.

This deadline does not apply to JTC, DPT, and MSM Online please check the 2014-2015 Academic Calendar for specific dates.

Mount Saint Mary's University

Our New Look

This is our new look—much more that a logo or a tagline. It's a perception that's shaped with every interaction.

Each member of the Mount Saint Mary's community is responsible for building our image, our brand. Every time we interact with other students and prospective students, talk with graduates, communicate with the press, or talk about the University, we influence the perception of the Mount.

As brand ambassadors, we must present a unified front in the form of a cohesive and consistent brand message.

The Athenian Promise: A Commitment to Civility

As a Member of the Mount St. Mary's University Community

I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued.



Dean's List 3.5 and higher for Fall 2014 grades

Sara Aceves Desiree Agtaguem Veronica Aguilar Maritza Aguiniga **Emilly Almazan** Yadimahara Alvarez Dominique Aquino Julia Arias Julia Arredondo Brianna Bagdasaryan Daniela Barrientos Sheila Bartolo Melanie Bernal Judith Bravo Daija Butler Brianna Cadena Genelle Campos Diane Caraveo Autumn Clifton Lauryn Connor Denise Cordero Magali Cruz Carisa Cruz Stephany De la Torre Eliza De Leon Isabella De Santiago

Vanessa Diaz Brandie Diaz Jennifer Dorado Aisosa Edobor Jennifer Escamilla Marissa Esparza Natalia Fischbach Angelica Frias Elba Fuentes Isabella Gacuva Cristina Gallego Gina Gallegos Lizbeth Galvez Yarely Garcia Stefanie Gavino Priscilla Giron Gladys Gomez Desiree Gonzalez Rhozel Gregorio Andrea Grgic Alexandra Guardado Alejandra Hernandez Yecenia Hernandez Adelaida Herrera-Espinoza Noemi Robles Sharah Ilagan Jana Jamorabon

Eerijah Johnson Mariquita Juarez Alyssa Lemus Abigail Lina Regina Lopez Diana Lopez Stephanie Lowrance Monique Madrid Marvlin Martinez **Evelia Martinez** Evelyn Martinez-Espinoza Nancy Nava Karishna Olivas Aimee Olvera Rachelle Ortiz Jennifer Palafox Lizbeth Paniagua Nicole Puga Ashley Ramirez Adriana Ramirez Adriana Ramirez Amanda Rendon Morena Rivas Elizabeth Rodriguez

Carolina Rosales

Raquel Salcedo Marisol Sanchez Lizbeth Sanchez Jessica Sandoval Verlin Sandoval Joanna Santos Sierra Schemel Julie Serrano Cvnthva Serrano Gisselle Sipaque Jessica Soto Ka Kei Tam Elaine Tarazon Andrea Valenzuela **Emely Vargas** Lauren Velez Desiree Villa Violeta Viveros Karina Zambrano Erika Zazueta

The Book Store is Ready for You to Wear the New Look.







Planning to make an Inter-Program Change to the Chalon Campus for Fall 2015?

Come join us at the Inter-Program
Transfer Workshop on Tuesday, January 27th, from 1:00
-2:00 p.m. to

- Hear about the requirements to inter-program transfer
- ♦ Gather information about the Learning Assistance Program at Chalon
- ♦ Explore faculty guided tours at Chalon

Location: Doheny Campus, Donohue Center

Questions: contact Jeanette Stone, AA Dean's Office,

Building 2

4 Steps to Making New Year's Resolutions Work



Be realistic in your goals. Choose one goal, then break it down into smaller, more manageable bits. For example, if you want to save \$500, think about it in terms of saving \$20 per pay check. This makes your goal less intimidating. Every time you save some money, praise yourself! Rewarding yourself for every positive step will help you have the confidence you need to hang in there

Start with a plan and stick to it. Studies show that people who make impulsive resolutions are less likely to stick to them. Think about what is most important to you and create strategies to deal with the problems and setbacks that will come up as you work towards your goal.

Team up with a friend or loved one. Make a list of your goals and share them with a friend or loved one. You are now accountable to two people: yourself and the other person. An informal pact can help when you feel discouraged.

Think of resolutions as opportunities to try new things.

Resolutions are a time of the year not only to try and "fix" the problems in your life, but also to try out a new way of being. Think of January first as a chance to adopt a healthier lifestyle!



Doheny Office: (213) 477-2668 Counseling and Psychological Services McIntyre, first floor



Interested in exploring teaching?
Elementary? Secondary?
Have room for one more unit in your Spring Semester schedule?

Add EDU 100

for one unit of upper division credit. Course meets once each week: Friday mornings, 8:00 a.m. to 9:00 a.m.

Attention freshmen:
THIS COURSE WILL NOT BE OFFERED AGAIN
ON THE DOHENY CAMPUS
UNTIL SPRING 2017!
If you have any possible interest
in the Liberal Studies Major and
Elementary Education,
take the course this semester.

Two Summer School Opportunities

Face-to-Face Summer Session

May 18th to June 25th, Monday—Thursday On the Doheny Campus \$85/unit

Courses: ENG 1A, ENG 1B, HIS 1A, PHI 16, RST 178, ART 7/107 (\$55 lab fee)

MSMU Online Summer-2 Session

June 29th—August 21st \$400/unit

Courses: ART 5, BIO 112,
BIO 3, BIO 3L, BIO 50A/L,
BUS 16A, BUS 16B, BUS 185, BUS
21, BUS 4, BUS 5, CIS 1, ECO 2,
ENG 15, ENG 1A, ENG 1B, HIS 1A, MTH 1, MTH 10,
MTH 28, MTH 38, MUS 6M, PED 1, PSY 1, RST 49,
RST 61, SOC 1, SPA 1, SPE 10, SPR 60A, SPR 70
(Courses subject to cancellation if not enough student enroll).

Articles for <u>DOHENY HAPPENINGS</u> are due by noon on Wednesday of the week before the issue . Send to

DohenyHappenings@msmu.edu.

Advisement Office

Office Hours

Mon – Thurs. 8:00am – 4:30pm Fri. 7:30am – 4:00pm

The Advisement office will be taking **drop-ins all day** for any questions or signatures needed during the **first week of school**. No appointments necessary.

Last day to ADD/DROP classes: Tuesday, January 20^{th,} 2015

Spring 2015 Office Hours (will resume on Wednesday, January 23rd) Monday-Friday: 10:00am-11:00am & 1:00-2:00pm

> Academic Advisement Department Located in Building 745, Office 211 213.477.2577 advisement@msmc.la.edu

This Week with Campus Ministry



COOKIES to start the semester! Monday, Jan. 12, 2015, 2pm House 7

24 hours a day on the web: http://www.msmc.la.edu/cm

Email:

campusministry@msmc.la.edu DOHENY Phone: (213) 477-2672 Office: House 7

SKR SKR SKR

ATTENTION Fall 2015
PROSPECTIVE GRADUATES

(ALL programs EXCEPT WEEKEND Format)

The deadline to apply for Fall 2015 graduation is Tuesday, January 20, 2015.



Graduation applications are available in the Registrar's office. Please keep in mind that you must apply or <u>you will not be</u>

considered a Fall 2015 prospective graduate!

Graduation applications for Spring and Summer 2015 prospects are long overdue. If you have not already done so, please submit a graduation application ASAP!

This deadline does not apply to MSM Online. Please check the 2014-2015 Academic Calendar for specific dates.





...from the Business Office!

www.facebook.com/ MSMUBusinessOffice

Happy New Year to one and all! We hope you enjoyed your break and are ready to take on the new semester. The Business Office would like to remind you of some of the services we provide here at Mount Saint Mary's University!

eRefund

Mount students who anticipate a refund in the Spring 2015 semester can have refunds deposited directly into a bank account. Enrollment is free and can be done through CASHNet!

Student Tax Forms - 1098T

The 1098T is a tax form that you may need for your annual tax filing purposes – and tax season is quickly approaching! Students who would like to receive an electronic copy of their 1098T can opt in on CASHNet. Avoid delay in receiving your forms in the mail and opt in for your electronic copy today!

Health Insurance Waivers

If you have your own health insurance coverage and do not want to be covered through the Mount, please don't forget to complete the health insurance waiver online! The link can be found on the Business Office website under 'Policies and Procedures' and will be available through January 31, 2015.

If you have questions about these or any other services, feel free to call, email, or visit the Business Office at either campus. We're always here to help! Best wishes for a successful and productive Spring semester.

Applying for a Cal Grant? Need your GPA Verified?

Cal Grant GPA Verification forms are available Online at www.calgrants.org.
Forms are DUE in the REGISTRAR'S OFFICE NO LATER than FRIDAY, FEBRUARY 6, 2015. Forms submitted after this date run the risk of not being processed in a timely manner (by the Cal Grant Deadline of March 2nd) and will have to be picked up and mailed by the student. Please help us be of better service to you by meeting our February 6th deadline!

<u>FAFSA + VERIFIED GPA</u> = A CAL GRANT APPLICATION.

*PLEASE NOTE: If you have NOT COMPLETED a minimum of 24 COLLEGE CREDIT units, Mount Saint Mary's University CANNOT verify your GPA.

Your Cal Grant GPA Verification Form will have to be completed by your High School or Prior College of attendance. ONLY undergraduate students who have not received a baccalaureate degree are eligible to apply. Please plan accordingly.



Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 16 January 20, 2015

THIS WEEK

Tuesday, January 20 LAST DAY TO ADD/DROP A CLASS LAST DAY TO APPLY TO GRAD IN DEC. 2015

Wednesday, January 21

Thursday, January 22 12:30 Pizza, Bingo, Raffle

Friday, January 23

Sunday, January 25 7:00pm Mass at Chalon



ATTENTION COMMUTERS!

NEW MOUNT SAINT MARY'S ID CARDS AVAILABLE AT FOOD SERVICES (Building 11 – second floor)

WE ENCOURAGE YOU TO EXCHANGE YOUR OLD MSMC ID FOR THE NEW MSMU ID!

AFTER YOU HAVE

......



RECEIVED YOUR NEW ID. PLEASE VISIT US IN **BUILDING 7** TO Saint Mary's GET YOUR SPRING 2015 STICKER.

MSMU GLOBETROTTER GRANT

For students who want an adventure. Who want to travel abroad. Who are willing to compete for \$1,500 in travel funds.

For more information, go to: www.globetrottergrant.org





Welcome Back Athenians!

Join Doheny ASB & SAC for free pizza, bingo & a raffle to kick off the new semester as MSMU

Thursday, January 22 from 12:30 to 1:30pm

Ahmanson Commons Patio







Planning to make an **Inter-Program Change** to the Chalon Campus for Fall 2015?

Information Workshop

- Review criteria to change
- Download application
- Learn about the Chalon Learning assistance Program
- Meet and hear a panel of Doheny alums share their experiences on their transition from Doheny to Chalon

Date: Tuesday, January 27, 1:00p.m.

Place: Donohue Center

Sponsored by Inter-Program Change Office and the Associated Student Body (ASB)

Save the Day! Be an RA! Applications for 15-16 on Residence Life Portal page. Leadership opportunity Open to resident or commuter Be sophomore or above in 15-16 Have a GPA of 2.75 or above. LIVE ON CAMPUS

Email us at dohenyresidence@msmu.edu Or stop by Hannon 123 for more information



Honor Roll 3.0 to 3.4999 for Fall 2014 grades

Alondra Alvarado Yesenia Alvarez Amanda Alvarez Nina Aquino Miranda Avina Karla Barberena Vanessa Barragan Alanna Bayle Celina Bongar Lea Bonilla Laura Bravo Vanessa Briano Christine Cancino Valerie Cano Elizabeth Carrera Karla Castaneda Marisa Castanon **Itzel Ceniceros** Gladys Cerros Astrid Chaidez Jaqueline Chan Rina Ciminieri Herlinda Cordova Alissa Coreas Marlen Cruz Samantha Cruz

Raquel Del Toro Elleana Dela Cruz Teresa Delarosa Karina Deras Gabrielle Dixon Desiree Duran Danielle Duran Jacquelyn Elvira Emily Espinoza Amanda Estrada Stephanie Estrada Leslie Farias Destiny Flanagan Alejandra Flores Samantha Franco Melanie Frankera Giannina Fredo Chloe Frise Fatima Fuentes Melissa Fuentes Jessica Garcia Karina Garcia Stephanie Garcia Tiffany Giron Karen Gomez Viviana Gonzalez

Vanessa Gonzalez Rosio Gorgonio Sarah Granados Diana Guerrero Wendy Guerrero Jessica Guerrero Alvssa Gutierrez **Emely Guzman** Cienna Hernandez Jazmin Hernandez Jacqueline Hernandez Gabriela Herrarte Amanda Herrera-Rothgery Cathy Huo Emiya James-Herndon Vanessa Jimenez Atira Jollevet Leah Lara Haley Lemmons Victoria Levi Alexis Lizarraga Magdalena Lopez Melissa Lopez Amber Lopez

Darla Marin

Katie Martinez Izabelle Martinez Mirna Martinez Denise Martinez Jacqueline Martinez Maricruz Martinez Viviana Martinez Jeanette Mendez Noely Mendez Sophie Miehl Jocelyne Miguel Yesenia Montano Carel Morales Rebekah Morgan Dulce Negrete Brenda Ortiz Danielle Penado Erica Poe Vanessa Ponce Valerie Ponce Marelyn Portales Bree Pritchett Georgette Quinonez Angela Quinonez Jacquelyn Ramos Carla Rauda

Ivonne Rendon Isela Retana-Torres Gladys Reves Priscila Rivas Esmeralda Rivera Gilliane Rivera Karina Robles Angelica Rodriguez Cynthia Rodriguez Juliette Rojas **Emily Ruiz Torres** Hayley Sanchez Luz Sandoval Jessica Santos **Edith Solis** Rahia Solomon Kimberly Sotelo Crystal Suarez Mary Grace Teodosio Vanessa Valenzuela Josselyn Ventura Diana Vera Aquino Zhane Xinol **Emily Miaoxin Xiong**

Submit an application to be a part of

Doheny Associated Student Body

Make an impact and shape your MOUNT experience!



2014-2015 Available Positions: Commuter Senator

Resident Senator

Benefits:

Leadership Experience
Attend National
Conferences
Have an Impact on
Mount Students

Meet New People

Key Dates:

Applications due
Monday, January 26
Interviews begin
Wednesday, January 28
Position Selections
Friday, January 30



Applications available at https://orgsync.com/54082/forms/102553!

Women's Leadership • Building 11 Second Floor • ash@msmu.edu

Congratulations to

Vanessa Briano

who also made the DEAN'S LIST.

A Reception for those on the Dean's List and the Honor Roll will be held on **Tuesday**, **Feb. 10**, at 1:00 in the Donohue Center.

With our new name -

Mount Saint Mary's University - comes a new website and new email addresses. Find a fresh new look for MSMU at

http://www.msmu.edu

Also, please begin contacting your faculty, departments and other University community members using @msmu.edu instead of @msmc.la.edu. Student email has not changed yet. Continue to use @mymsmc.la.edu. The Office of Information Technology will be working on moving student emails to our new name during the Spring 2015.

Have a great Spring 2015 semester.

Lorraine Frost, Chief Information Office, Office of Information Technology

Saturday, Feb 7, 2015



RSVP by Jan 27, 2015

A NONPARTISAN CAMPAIGN TRAINING FOR WOMEN

Interested in running for political office, working on a campaign or getting involved in public service? Prominent political leaders and campaign professionals will provide education, training and mentoring so you can hit the ground running!



Saturday, February 7, 2015 9:30 a.m. to 4:00 p.m. Mount Saint Mary's University

CHALON CAMPUS CENTER

12001 CHALON ROAD, LOS ANGELES

REGISTRATION

\$35 BY JAN 16 | \$50 ON/AFTER JAN 17 STUDENTS: \$15 MSMU STUDENTS: FREE

Registration includes parking, continental breakfast, lunch and reception.

TO REGISTER:

Visit www.msmu.edu/r2r

QUESTIONS:

Contact Heather Schraeder at hschraeder@msmu.edu or 213.477.2761.

Stay tuned for exciting updates on speakers.

Please note our new website address. We are officially Mount Saint Mary's University!

Program

Women Who Run Win

Strategles for a Successful Campaign

Campaign Toolbox: The Nuts and **Bolts of Running for Office**

- Experts' Guide to Getting Your Campaign Started

Political Appointments: Opportunities to Serve and Resume Builders

Fundraising for Success

Finding Your Public Voice



Support Groups

• Spanglish Group

If you are Latina or of Multi-ethnic Latina descent and want to connect with other Latinas on campus, COME CHAT WITH US & OTHER LATINAS.

TIME: every Friday at 1 pm., Doheny campus START DATE: January 23, 2015

Relaxation Group

If you are stressed out by school work or having a hard time finding a balance between your personal life and academics, come to our group to learn how to RELIEVE STRESS and BOOST YOUR MOOD with powerful relaxation and meditation skills.

TIME: Tuesdays at 3:30 pm PLACE: Doheny CPS office START DATE: January 27

· Body Image Group

If you are tired of thinking your body is unacceptable and sick of thinking negatively about your looks all the time, come learn how to see yourself in a healthier way, LOVE YOUR BODY and GAIN CONFIDENCE! Call x2978 or x4114 for more information on day, time and campus.

Please call Counseling & Psychological Services to sign-up for a group and get more information!



ISAE/Student Support Services (TRIO) Attention ISAE Students.

Join us on Sunday, February 1st, to go see WICKED!! Long before Dorothy drops in, two other girls meet in the land of OZ. One, born with emerald-green skin, is smart fiery and misunderstood. The other is beautiful, ambitious and very popular. WICKED tells the story of their remarkable odyssey, how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good. Sign-up the in the ISAE Office with your \$20 refundable deposit.

ISAE Student Participation Agreement Reminder

Meet with your ISAE Counselor (Freshmen 3x/sem; Soph 2x/sem)

Update your Educational Plan (EVERY SEMESTER) Meet with your Peer Advisor (Freshmen 3x/sem; Soph 2x/sem)

Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/ Activities EVERY SEMESTER.

> For non-ISAE sponsored events, please complete an Activity Form signed by a staff or faculty present at the event.

Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2015:

Freshmen - February 27th, March 27th and April 27th Sophomores - February 27th & March 27th

Doheny ISAE Office Bldg. 7, 1st Floor Back Offices Veronica Martinez (<u>mvmartinez@msmu.edu</u>)

Two Summer School Opportunities

Face-to-Face Summer Session

May 18th to June 25th, Monday—Thursday On the Doheny Campus \$85/unit



Courses: ENG 1A, ENG 1B, HIS 1A, PHI 16, RST 178, ART 7/107 (\$55 lab fee)

MSMU Online Summer-2 Session

June 29th—August 21st \$400/unit

Courses: ART 5, BIO 112, BIO 3, BIO 3L, BIO 50A/L, BUS 16A, BUS 16B, BUS 185, BUS 21, BUS 4, BUS 5, CIS 1, ECO 2, ENG 15, ENG 1A, ENG 1B, HIS 1A, MTH 1, MTH 10, MTH 28, MTH 38, MUS 6M, PED 1, PSY 1, RST 49, RST 61, SOC 1, SPA 1, SPE 10, SPR 60A, SPR 70 (Courses subject to cancellation if not enough student enroll).

Need a work-study job? Join the Doheny Residence Life team!

We are looking to hire students with work-study to be Community Assistants or Community Programmers

Community Assistants

Responsibility include:

- Greet guests with courtesy and enthusiasm
- Assist and support the Residence Life Staff during business hours
- Assist HRA and RA's with projects
- Keep maintenance of Residence Desk

Community Programmers

Responsibility include:

- Assist with campus wide events
- Support events and develop programs for the entire MSMU residential Community
- Be familiar with residence hall policies
- Attend RA programs to take photos and support

Visit the Doheny Residence Life Office (Hannon 123) to pick up an application and sign up for an interview.



- No one ever needs to be stuck in a past they don't desire, move on to a better future
- Force yourself to take a potentially positive risk
- Surround yourself with supportive people

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE WELLNESS.... The Mount Way!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

Campus Security Safety Tips-

Week Two: Driving Safety Awareness—Tip 1

California law states that all drivers must use hands-free equipment while talking on their cell phone. California DMV states you can stay in compliance by using a Bluetooth, other earpiece or speaker device. But both ears cannot be covered. If caught, you will be charged \$20 for the first offense and \$50 for each subsequent offense. However, additional penalty assessments can end up tripling or more the total fee amount. The conviction will appear on your driving record, but points will not be added. Also keep in mind the law still applies if you are visiting the stated of California and get caught talking on your phone while operating a vehicle. According to Distraction.gov, drivers 15-19 years old involved in fatal crashes, 21 percent of the distracted drivers were distracted by the use of cell phones (NHTSA) It is responsibility to adhere to the laws of the road. Safe driving everyone's is smart driving and will increase your chances of getting to your destination safely. If you witness unsafe driving report it to local law enforcement or if on Campus report all incidents to Campus Security. If you want to remain anonymous visit Campus Security on the portal page and click on If You See Something, Say Something. You could just be saving a life.

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Safety Tips are brought to you by the Dept. of Campus Security.





Veterans... Look for more to come.



ΦΘK-HONOR SOCIETY

Welcome Back, Lady Kappas! Did you make it to the Dean's List last semester? If so, come by our

first meeting on February 3rd

As of now, the time and location are TBA. Keep a look out for more information in next week's Doheny Happenings and our bulletin board, located downstairs in building 4! See you soon, future and returning Kappas.

Interested in being involved on campus in a fun and exciting way? Become a part of the Doheny Student Activities Council (SAC) where you will plan events on campus SAC will allow you to learn new skills, boost your esume, and meet great people, all while providing fun and entertainment for the Doheny campus.

> Application Deadline: General Members: Monday, January 26

Applications are available now at:

https://orgsync.com/84730/forms/102184

For more information please stop by the Doheny Women's Leadership Office

Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 17 January 26, 2015

THIS WEEK

Monday, January 26 12:30 Veteran Outreach Mtg

Tuesday, January 27

1:00 Inter-Program Change Workshop

Wednesday, January 28 7:00 Magnificat Open House

Thursday, January 29 1:15 Business Club

Sunday, Feb. 1 7:00pm Mass at Chalon





Business Club Meeting

Thursday, January 29, at 1:15—2:15 Bldg 4 Rm. 112

Start the new year by joining the Business Club!
-You DO NOT have to be a business major to join the Business Club.



INTERESTED IN BEING IN-VOLVED ON CAMPUS IN A FUN AND EXCITING WAY?

Become a part of the Doheny Student Activities Council (SAC) where you will plan events on campus!

SAC will allow you to learn new skills, boost your resume, and meet great people, all while providing fun and entertainment for the Doheny campus.

Application deadline:

Monday, Jan. 26. Info at Women's Leadership Bldg 11, second floor



Planning to make an Inter-Program Change to the Chalon Campus for Fall 2015?

Information Workshop

- Review criteria to change
- Download application
- Learn about the Chalon Learning assistance Program
- Meet and hear a panel of Doheny alums share their experiences on their transition from Doheny to Chalon

Date: Tuesday, January 27, 1:00p.m.

Place: Donohue Center

Sponsored by Inter-Program Change Office and the Associated Student Body (ASB)

MAGNIFICAT HOUSE OPEN HOUSE Spirituality, Community, & Service

Interested in becoming a resident of the Mag House? The ladies invite you over for food, fun, and community.

CHALON (Aldsworth)

Tuesday, January 27, from 7pm to 10pm

DOHENY (House 20)

Wednesday, January 28, from 7pm to 10pm

Questions? Contact Campus Ministry! campusministry@msmu.edu

Save the Day! Be an RA!	
Applications for 15-16 on Residence Life	\ ⁰

. Applications for 15-16 on Residence Life Portal page.

- · Leadership opportunity
- · Open to resident or commuter
- Be sophomore or above in 15-16
- Have a GPA of 2.75 or above.

LIVE ON CAMPUS

Email us at dohenyresidence@msmu.edu
Or stop by Hannon 123 for more
information

CPS Tip of the Week

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As a University we are empowered and inspired by all students and the many ways in which you are resilient (adapt to life experiences). Research shows that resilience is vital in today's world and that resilient people overcome adversity, bounce back from setbacks, and can thrive under extreme, on-going pressure (Al Siebert, 2006). Resiliency can further lead to developing strengths and abilities one didn't think were possible (Al Siebert, 2006). Here is a throwback to individuals whose life story is full of resiliency and can be described as in a word UN-STOPPABLE.

U- You are you. That is truer than true. There is no one alive who is you-er than you.-Dr. Seuss

N-Nothing can dim the light which shines from within.

– Maya Angelou

S-Success is not final, failure is not fatal: it is the courage to continue that counts.— Winston Churchill

T-The question isn't who's going to let me; it's who is going to stop me. - Ayn Rand.

O-One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go. - Sheila Murray Bethel.

P-Most powerful is [she] who has [herself] in [her] own power.-Senaca (Roman dramatist, philosopher, & politician).

P-Pain nourishes courage. You can't be brave if you've only had good things happen to you.-Mary Tyler Moore

A- A person who never made a mistake never tried anything new.-Albert Einstein

B-Be the change you want to see in the world.-Mahatma Gandhi

L-Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained. - Marie Curie

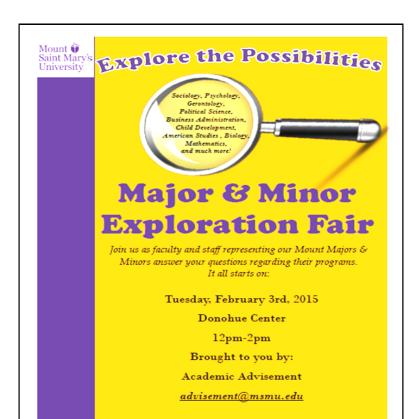
E- Everyone has inside of him or she has a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is! – Anne Frank.

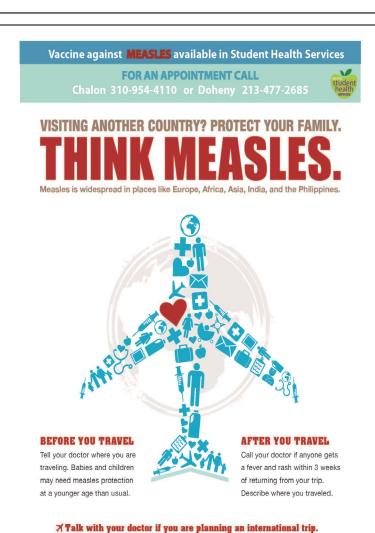
So remember these individuals and if you find yourself feeling less than resilient, CPS is here to help.

Adapted from the five levels of resiliency by Al Siebert (2006)



Doheny Office 213-477-2668 Bldg 15, McIntyre, 1st Floor





Public Health, Immunization Branch IMM

For more information go to www.cdc.gov/travel.

Saturday, Feb 7, 2015



RSVP by Jan 27, <u>2015</u>

A NONPARTISAN CAMPAIGN TRAINING FOR WOMEN

Interested in running for political office, working on a campaign or getting involved in public service? Prominent political leaders and campaign professionals will provide education, training and mentoring so you can hit the ground running!



Saturday, February 7, 2015 9:30 a.m. to 4:00 p.m. Mount Saint Mary's University

CHALON CAMPUS CENTER

12001 CHALON ROAD, LOS ANGELES

REGISTRATION

\$35 BY JAN 16 | \$50 ON/AFTER JAN 17 STUDENTS: \$15 MSMU STUDENTS: FREE

Registration includes parking, continental breakfast, lunch and reception.

TO REGISTER:

Visit www.msmu.edu/r2r

QUESTIONS:

Contact Heather Schraeder at hschraeder@msmu.edu or 213.477.2761.

Stay tuned for exciting updates on speakers.

Please note our new website address. We are officially Mount Saint Mary's University!

Program

Women Who Run Win

 Strategies for a Successful Campaign

Campaign Toolbox: The Nuts and Bolts of Running for Office

- Filing your Candidacy
- Experts' Guide to Getting Your Campaign Started

Political Appointments: Opportunities to Serve and Resume Builders

- The Appointment Process
- Women in Appointments

Fundraising for Success

Finding Your Public Voice

Application Opens: January 19th Application Closes: February 9th







MSMU GLOBETROTTER GRANT 2015

For students who want an adventure. Who want to travel abroad. Who are willing to compete for \$1,500 in travel funds.

For more information, go to: www.globetrottergrant.org

Previous Mount winners











ATTENTION COMMUTERS!

NEW MOUNT SAINT MARY'S ID CARDS AVAILABLE AT FOOD SERVICES (Building 11 – second floor)

WE ENCOURAGE YOU TO EXCHANGE YOUR OLD MSMC ID FOR THE *NEW MSMU ID*!

AFTER YOU HAVE
RECEIVED YOUR NEW ID, PLEASE VISIT US IN
BUILDING 7 TO
GET YOUR SPRING 2015 STICKER.



Save The Date!

Nursing Panels

Chalon

Monday, January 26, 2015 6:00 – 8:00 PM

Doheny Monday, February 2, 2015 4:30 – 6:30 PM

Brought to you by:

Mount Saint Mary's University

Career Services
& Internships

This Week with Campus Ministry

+ + + + + + + + +

Movie "A Path Appears"

Monday, Jan. 26, 10:00pm Casa Magnifica



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Monday, Jan. 26 2:00 Cookies Swing by our offices to say hello!

Sunday, February 1 7:00 Mass (at Chalon)

Campus Ministry, House 7, 213-477-2672 campusministry@msmu.edu



Veteran Outreach Association

General Meeting

Monday, January 26th at 12:30 p.m.

Chalon Campus Campus Center North West Room

Join us to learn more about the VOA club! We will discuss about upcoming events, leadership opportunities, and more.

Questions? Contact us at msmc.voa@gmail.com



Campus Security Safety Tips- Week Three: Driving Safety Awareness—Tip 2

According to California DMV as of January 1, 2009, a law against driving while reading, writing or sending a text message went into effect. This applies to all forms of text-based communication, including e-mail and instant messaging. The law pertains to all drivers, regardless of age or state of residence. If caught, you will be charged \$20 for the first offense and \$50 for each subsequent offense. Be aware that after penalty assessments are weighed in, fines could actually more than triple. According to the Uniform Bail and Penalty Schedule, with the addition of penalty assessments, a first offense is \$76 and a second offense is \$190. According to the Insurance Institute for Highway Safety, texting while driving kills 11 teens each day. It is everyone's responsibility to adhere to the laws of the road. Safe driving is smart driving and will increase your chances of getting to your destination safely. If you witness unsafe driving, report it. If you want to remain anonymous, visit Campus Security on the portal page and click on If You See Something, Say Something. You could just be saving a life.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive!

The Athenian Promise: A Commitment to Civility

I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form.

Advisement Office

Phone: 213.477.2577 advisement@msmu.edu

Visit our portal page under Academics>Academic Advisement for:

Student Services Building 2nd Floor, Room 211

Office Hours

Monday-Friday 7:30am-4:30pm Friday 7:30-4:00pm

-Upcoming Events -Access to our forms

online

-Placement Score Info

ΦΘK-HONOR SOCIETY

Welcome Back, Lady Kappas!

Did you make it to the

Dean's List last semester?

If so, come by our

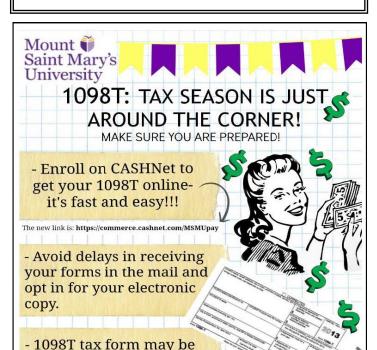
first meeting on February 3rd

As of now, the time and location are **TBA**.

Keep a look out for more information in next week's

<u>Doheny Happenings</u> and
our bulletin board, located downstairs in building 4!

See you soon, future and returning Kappas.



Mount Saint Mary's Business Office

needed for your annual

tax filing purposes.

Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 18 February 2, 2015

THIS WEEK

Monday, February 2

1:00 The Rock in My Life

4:30 Nursing Panel

Tuesday, February 3

Major & Minor Fair 12:00

2:00 PTK Meeting

Saturday, February 7 Ready to Run

Sunday, February 8

7:00pm Mass (at Chalon)







Explore the Possibilities

Gerontology, Political Science, Business Administration Child Development, erican Studies , Biology Mathematics.

Major & Minor **Exploration Fair**

Join us as faculty and staff representing our Mount Majors & Minors answer your questions regarding their programs. It all starts on:

Tuesday, February 3rd, 2015

Donohue Center

12pm-2pm

Brought to you by:

Academic Advisement

advisement@msmu.edu



Save The Date! Nursing Panels

Doheny

Monday, February 2, 2015

4:30 - 6:30 PM

Brought to you by:

Mount ₩ Saint Mary's University

ΦΘK-HONOR SOCIETY

Welcome Back, Lady Kappas! Did you make it to the Dean's List last semester?

If so, come by our

first meeting on February 3rd From 2—3 in Bldg 4, rm 214

Keep a look out for more information on our bulletin board, located downstairs in building 4!

See you soon, future and returning Kappas.



Veteran Outreach Association

General Meeting

February 2 and 3 at 12:30pm Chalon Campus Center NW

Join us to learn more about the VOA club! We will discuss about upcoming e3vents, leadership opportunities, and more.

Questions? Contact us at msmc.voa@gmail.com

GRADUATING IN MAY?

Commencement will be on Monday, May 11, at 3:00 At the Shrine Auditorium



Everything you need to know is on the Webpage (front page). Click on **COMMENCEMENT**. Once in the site, click on **Commencement Regalia**

All graduates must wear a black graduation gown, black cap, and the appropriate academic hood. These can be ordered in the **bookstore** or online. Caps and gowns will be available to pre-purchase in the bookstore NOW. You can pick up your Regalia from the bookstore on or about April 1.

Planning to П **Inter-Program Change to Chalon** П П In May? П Information and application are on the MSMU webpage. Click on Academics; click on Associate Programs, click on Inter-Program Change Download and print the Inter-Program Change Appli-cation Read the instructions, criteria, deadline. П П

Do **YOU** see yourself sindying abroad?



Gabby Ybiernas- Costa Rica Summer 2014



Jennifer Schlerf- Ireland Fall 2014



Betty Diaz- London, England Spring 2014



Jennifer Rivera- Granada, Spain

Come to the study away information session

- Featuring MSMU student panel
- Hosting AIFS representative
 Snacks and refreshments
 provided
- Begin planning your trip!



Kristie Hernandez- Morocco, Afric

Chalon Campus H403 - February 5th, 2015 1-2pm Doheny Campus Building 4, 118 - February 12th, 2015 1-2pm

What are you waiting for? NOW, is the time!

Questions? Contact StudyAbroad@msmu.edu

This Week with Campus Ministry



Monday, Feb. 2—lunchtime
Cookies and free greeting cards

February 2, 2015, from 1:00 - 2:00 p.m. Who's the rock in your life?

As part of our Candlemas celebration, we invite you to choose someone who is a "rock" for you, someone who brings light to your



life. You'll do a simple craft with a rock that you can even give as a gift! Cookies included.

Questions: Flor at x2672

Tuesday, Feb. 10 from 10—1:30
Open House—Come visit our first
Spring Open House! Bldg 7, first floor.
Come learn about what we do in our
office, how you can get involved and the
history of our team. Snacks and activi-



Sund

ties will be provided.
Sunday, February 8

7:00 Mass (at Chalon)

(at Chalon)

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info, deco,

Wednesday, Feb. 11
Valentine—info, deco, and prayer

Campus Ministry, House 7, 213-477-2672 campusministry@msmu.edu

February 18

Chalon in Mary Chapel: 8-8:30am Prayer Service with ashes 12:05-1pm MASS with ashes 7:30-8:10pm Prayer Service with ashes

Doheny in Our Lady of Mercy Chapel: 9:30-10am Prayer Service with ashes 12:30-1:30pm MASS with ashes 7:30-8:10pm Prayer Service with ashes

Ash Wednesday at the Mount

Speaker Update! Register now at msmu.edu/r2r



Mount 👣 Saint Mary's University

A NONPARTISAN CAMPAIGN TRAINING FOR WOMEN

February 7, 2015 • 9:30 a.m. to 4:00 p.m. Mount Saint Mary's University

12001 Chalon Road, Los Angeles

Program

WOMEN WHO RUN WIN

Opening Session

Special video welcome from U.S. Senator Barbara Boxer

Keynote Speakers

Assemblywoman Autumn Burke, California State Assembly, 62nd District

Yvonne B. Burke,
Commissioner, California Transportation Commission
and former Congresswoman

strategies for a Successful Campaign

Senator Carol Liu California State Senate, 25th District

Assemblywoman Melissa Melendez, California State Assembly, 67th District

CAMPAIGN TOOLBOX: THE NUTS AND BOLTS OF RUNNING FOR OFFICE

Filing your Candidacy

Gemma Jimenez, California Secretary of State Office, Election Division

Experts' Guide to Getting Your Campaign Started (PANEL)

UNCH OPTIONS

Barbi Appelquist, Former Candidate State Senate, 26th District Heidi Ashcraft, Councilmember, City of Torrance

Teresa Barth, Former Mayor of Encinitas Robyn Ritter Simon,

Vice President of Development, LA's Best

Option 1: General Networking Lunch

Option 2: Making History: A Senator's Story

Senator Loretta Weinberg, New Jersey State Senate Majority Leader, 37th District

Option 3: Polls and Surveys: Developing a Strategic Road Map to Victory (LIMITED SEATING) Shakari Byerly, Founding Partner of Evitarus, Inc

POLITICAL APPOINTMENTS: OPPORTUNITIES TO SERVE AND RESUME BUILDERS

The Appointment Process

Mona Pasquil, Appointments Secretary for California Governor Edmund G. Brown Jr.

Women in Appointments (PANEL)

Yvonne B. Burke, Commissioner, California Transportation Commission and former Congresswoman

Kathleen Kim

Commissioner, Los Angeles Police Commission Rebecca Ninburg, Commissioner, City of LA Commission on the Status of Women and Girls

Monica Rodriguez, Vice President, Board of Public Works

FUNDRAISING FOR SUCCESS

Nancy Bocskor, Political fundraiser, trainer, professor and author

FINDING YOUR PUBLIC VOICE

LeeAundra Keany, Founder, Keany Communications

NETWORKING RECEPTION

Meet and exchange information and practice building your political networks with panelists and other attendees.

Registration includes parking, nental breakfast, lunch and reception GENERAL: \$50 • STUDENTS: \$15 • MSMU STUDENTS: FREE

QUESTIONS: Contact Heather Schraede raeder@msmu.edu or 213.477.2761

CPS Tip of the Week

DO YOU LOVE YOURSELF?!



"It doesn't matter what anyone else thinks. What matters is you can look in the mirror, and love who you see."

- B. Dave Walters

Self-love and self-acceptance are the ultimate keys to happiness in this life. This does not mean being self-absorbed or vain, but instead to truly cherish the person that you are. You have so many wonderful qualities and it is important to celebrate them! Try taking a few minutes each day to reflect on what you like about yourself. and if you have trouble, ask a friend or family member to help remind you of why they love you! Be kind and gentle with yourself, and be sure to make time each week for self-care (that is, doing things that make you happy and pamper yourself!). You deserve it!

"Treat yourself today! You are a unique, sparkling, spectacular soul. Celebrate you!"

Amy Leigh Mercree



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



Application Opens: January 19th









MSMU GLOBETROTTER GRANT

For students who want an adventure. Who want to travel abroad. Who are willing to compete for \$1,500 in travel funds.

For more information, go to: www.globetrottergrant.org









family. Various ethnic faith communities from the Archdiocese of Los Angeles will share many of the ways in which liturgical celebration is invigorated by their community's sacred traditional and cultural elements through music, dance, storytelling, art, and particular prayer rituals. The ethnic faith communities that will be represented are:

African American * Native American * Aztecan * Folklorico * Filipino * Mariachi ... and more

A free lunch is provided for all who register for this family event at We invite you to join us in in celebrating the rich and diverse ways the cultures and traditions of the church in Los Angeles celebrate liturgy in word, music, art, dance, and prayer.

Saturday, February 14, 2015

Doheny Campus . 10 Chester Place . Los Angeles, CA 90007

www.msmu.edu/vaticanii50



- Exercise is a great tool to ward off stress
- Exercise improves sleep, memory and concentration
- Try an exercise class on campus, it's a great way to get fit and meet new

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE WELLNESS.... The Mount Wav!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

Campus Security Safety Tips- Week Four: Disaster Preparedness-Tip 1

How prepared are you in the event of a major emergency on campus?

Emergencies are unexpected and are without warning. They are also not all the same. Being prepared for all emergencies is important to your safety. How prepared you are can make all the difference when it's 2am and the ground starts to shake or a smoke alarm goes off. In those events, you have seconds to know what you will do to keep in yourself safe. Having a plan and items such as an emergency kit are steps to ensure your safety. Learn each campus' evacuation location and procedures. Every classroom has Emergency Procedures posted. Read them, know them and be ready. You can also visit the Campus Security page on the Portal for emergency procedures.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive!



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Reception for Honor Roll and Dean's List Recipients

Tuesday, Feb. 10, at 1:00 Donohue Center

Come for your certificate, for inspiration, to meet other honor students, and more

Advisement Office

Phone: 213.477.2577 advisement@msmu.edu

Visit our portal page under Academics>Academic Ad-

visement for:

-Upcoming Events

-Access to our forms online

-Placement Score Info

-"How To" Videos

Student Services Building 2nd Floor, Room 211

Office Hours Monday-Friday 7:30am-4:30pm *Friday* **7:30-4:**00pm



1098T: TAX SEASON IS JUST AROUND THE CORNER!

MAKE SURE YOU ARE PREPARED!

- Enroll on CASHNet to get your 1098T onlineit's fast and easy!!!

The new link is: https://commerce.cashnet.com/MSMUpay

- Avoid delays in receiving your forms in the mail and opt in for your electronic сору.

- 1098T tax form may be needed for your annual tax filing purposes.



Mount Saint Mary's Business Office

Upcoming Events for the Traditional AA, Student Mount Saint Mary's University, Doheny Campus

February 9, 2015 Volume 44, Issue 19

THIS WEEK

Tuesday, February 10 1:00 Dean's List/Honor Roll Reception

Thursday, February 12 1:00 Study Abroad 1:00 Business Fundraiser

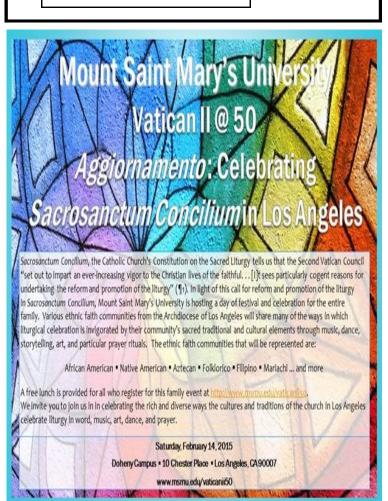
Friday, February 13

Saturday, February 14 Vatican II at 50 Years

Sunday, February 15 7:00pm Mass at Chalon

Monday, February 16, 2015 Presidents Day Holiday The University is closed; no classes.





Planning to

Inter-Program Change to Chalon

in May?

Information and application are on the MSMU webpage.

Click on Academics; click on Associate Programs. click on Inter-Program Change

Download and print the Inter-**Program Change Application**



Reception for Honor Roll and Dean's List Recipients

Tuesday, Feb. 10, at 1:00, Donohue Center

Come for your certificate, for inspiration, to meet other honor students, and more









Spring 2014

Come to the study away information session Featuring MSMU student

- Snacks and refreshments provided
- Begin planning your trip!



Thursday, February 12, from 1—2 Bldg 4, Room 118

What are you waiting for? NOW, is the time!

Questions? Contact StudyAbroad@msmu.edu

GRADUATING IN MAY?

Commencement will be on Monday, May 11, at 3:00 at the Shrine Auditorium



Everything you need to know is on the Webpage (front page). Click on **COMMENCEMENT.**Once in the site, click on **Commencement Regalia**

LRC Tutoring Schedule

Writing

Sr. Daniel Therese TWTh 8—12
Ms. Livanis MW 11:30-3; F 11:30—2
Eric Dinsmore MW 3—6; Th 8:30—9:30
Miss Chavana MTWThF 8:00am—4

Science

Dr. Zebboudj M 9:30—11:30; TTh 11:15—12:15; 4—6

Philosophy, Analytical/Critical Thinking

Ms Denise Meda M 11:30—1:30; WF 11:30—12:30

Library Science and Research

Marjorie Acevedo Th 3—4

Math

Maria Teng F 8:15—9:00

Rodgers and Hammerstein's Cinderella The Musical Friday, March 20, 2015 @6:30 PM Please bring \$10 nonrefundable deposit and MSMU ID Ahmanson Theater Doheny Commuter and Resident Undergraduate Students Only Stop by the Residence Life Office in Hannon 1st Floor to Sign-up. Email: delengresidence@mamu.edu| Phone (213)477-2661| Office Henron 123

This Week with Campus Ministry

Monday, Feb. 2—lunchtime Cookies





Tuesday, Feb. 10 from 10—1:30

Open House—Come visit our first
Spring Open House! Bldg 7, first floor.
Come learn about what we do in our office,
how you can get involved and the history of
our team. Snacks and activities will be provided.

Wednesday, Feb. 11

Valentine—info, deco, and prayer

Sunday, February 15 7:00 Mass (at Chalon)

Tuesday, February 17 Mardi Gras

Campus Ministry, House 7, 213-477-2672 campusministry@msmu.edu



Business Fundraiser



Sweatshirt Fundraiser
Thursday, February 12 From 1-3
In front of the Cafe
PRE-ORDER YOUR
SWEATSHIRT NOW!

February 18

Chalon in Mary Chapel: 8-8:30am Prayer Service with ashes 12:05-1pm MASS with ashes 7:30-8:10pm Prayer Service with ashes

Doheny in Our Lady of Mercy Chapel: 9:30-10am Prayer Service with ashes 12:30-1:30pm MASS with ashes 7:30-8:10pm Prayer Service with ashes

Ash Wednesday at the Mount

CPS Tip of the Week Counseling and Psychological Services

What is your love language?

Each person has a primary love language that we must learn to speak if we want that person to feel loved. Learn about the 5 love languages

WHICH LOVE HOW TO LANGUAGE? COMMUNICATE		ACTIONS TO TAKE	THINGS TO AVOID
WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly.	Physical neglect, long stints without intimacy, receiving affection coldly.
T RECEIVING GIFTS	RECEIVING Thoughtfulness. speak purposefully.		Forgetting special occasions, unenthusiastic gift receiving.
OUALITY TIME Uninterrupted and focused conversations. One-on-one time is critical.		Create special moments together, take walks and do small things	Distractions when spending time together. Long stints without one-on-one time.
Use action phrases like "I'll help". They want to know you're with them, partnered with them.		Do chores together Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



Get the total College experience.

LIVE ON CAMPUS

Commuters can now apply to live on

campus for Spring 2015! We have different types of rooms available

Become a resident in 4 easy steps:

Step 1: Fill out a Housing Pending Status Form and turn in at the Chalon or Doheny Residence Life office.

Step 2: Registered for 12 units or more.

Step 3: Clear any holds on your account (Business Office, Health Services, Registrar's Office, Financial Aid, etc.)

Email: dohenyresidence@msmu.edu | Phone: (213)477-2661| Office: Hannon 123

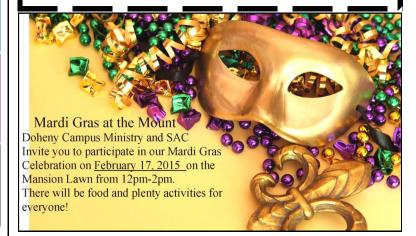
A REMINDER FROM DOHENY COMMUTER SERVICES **ATTENTION DOHENY STUDENTS:**

This is a reminder that the locker assigned to you the fall semester of 2014 is still assigned to you for the spring semester of 2015. Please place a lock on your locker by Friday, February 13, 2015, or your locker will be cleaned out and assigned to another student. If you are a commuter and would like to be assigned a locker, please sign up in the Commuter Services office located inside Building 7. If you are currently occupying a locker that you have not been assigned, please visit the office as soon as possible to avoid having your belongings disposed. We appreciate your

participation and look forward to another wonderful semester helping our fellow commuters.

Please visit Commuter Services in Building 7 if you have any further question or call the office at (213) 477-2670





FEBRUARY



Let's Get Moving

- Make sure your workout routine includes cardio
- · Walking is free, nature is beautiful
- Working out can help reduce depression and illness

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE **WELLNESS.... The Mount Way!**







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685







- Exercise is a great tool to ward off stress
- Exercise improves sleep, memory and concentration
- Try an exercise class on campus, it's a great way to get fit and meet new friends

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Campus Security Safety Tips- Week Five: <u>Disaster Preparedness- Tip 2</u> What's in your emergency disaster kit?

▶ Being prepared for a disaster can not be stressed enough. Having a
 ▶ plan and emergency disaster supplies are extremely important to
 ▶ your safety. The supplies you have should be able to get you
 ▶ through at least 3-5days. Remember, in the event of a major
 ▶ disaster like an earthquake, you may need to stay in the same
 ▶ location for a few days until emergency services arrive.

Ready.gov recommends the following items to have in your emergency disaster kit:

- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation; Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

For more information on safety visit Campus Security Portal page.

There you will find helpful resources dedicated to providing emergency management information. You can also find a 10% online coupon code for SOS emergency products.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive!







Finding Scholarships and fund for College Bills

Thursdays from 1—5 with Sharla Berry, Scholarship Specialist in Student Success Center, Bldg 2, Rm. 108



Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 20 February 17, 2015

THIS WEEK

Tuesday, Feb. 17

12:00 Mardi Gras

1:00 Biology Major/Minor

Wednesday, Feb. 18

ASH WEDNESDAY

9:30 Service

12:30 Mass

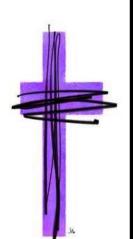
7:30pm Service

Friday, Feb. 20

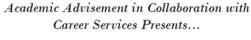
9:00 Spanish Test

Sunday, Feb. 22

7:00pm Mass at Chalon







Major & Minor Exploration Series:

BIOLOGICAL SCIENCES Tuesday, February 17, 2015

PSYCHOLOGY

Tuesday, March 10, 2015

Attend and Enter for a Chance to Win Ove \$50 Worth of MSMU Gear!

SOCIOLOGY

Tuesday, March 17, 2015

CHILD DEVELOPMENT/LIBERAL ARTS/ CREDENTIAL PROGRAMS

Tuesday, March 24, 2015

Where: Donohue Center Time: 1:00pm-2:00pm Why: Faculty will present all you need to know regarding their majors/minors!



ASH WEDNESDAY



Wednesday, February 18th

Doheny, Our Lady of Mercy Chapel

Prayer Services with Ashes:

9:30AM and 7:30PM

Mass with Ashes: 12:30PM

Chalon, Mary Chapel

Prayer Services with Ashes: 8AM and 7:30PM

Mass with Ashes: 12:05PM

Questions? Contact Campus Ministry!

campusministry@msmu.edu

x4125 (Chalon) x2672 (Doheny)

St. Vincent's Church

MSMU Doheny's next door neighbor

Sunday Masses 7:30am and 12:00pm English 9:00am, 10:30am, 1:30pm, 5:00pm Spanish

Business Fundraiser



Weekend College

Sweatshirt Fundraiser Saturday, February 21 From 1-3

In front of the Cafe PRE-ORDER YOUR SWEATSHIRT NOW!

LRC Tutoring Schedule

Writing

 Sr. Daniel Therese
 TWTh 8—12

 Ms. Livanis
 MW 11:30-3; F 11:30—2

 Eric Dinsmore
 MW 3—6; Th 8:30—9:30

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Philosophy, Analytical/Critical Thinking

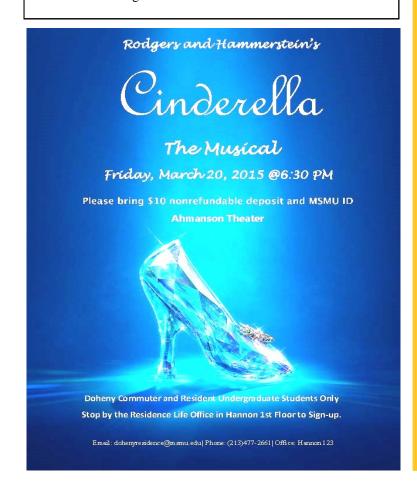
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Library Science and Research

Marjorie Acevedo Th 3—4

Math

Maria Teng F 8:15—9:00





Mount Saint Mary's University

Campus Ministry presents

EXPLORING POLAND:

Discovering the Global Church & World Youth Day



Leaders: Laura Gomez and Linda Nguyen

July 19 to August 1, 2016 ~ \$4500 ~

Join Campus Ministry on a pilgrimage through Poland: Warsaw, Krakow, Auschwitz, Wadowice and more. Conclude by joining with the Pope and young adults from around the world for **World Youth Day.**

Interested? Questions? Contact Linda Nguyen for the full brochure and itinerary: lnguyen@msmu.edu (310) 954-4426



CPS Tip of the Week Counseling and Psychological Services What do the following people have in common?? Adele



Ernest Hemingway Angelina Jolie David Beckham Emma Stone Vincent Van Gogh Johnny Depp 1 out of 4 college students

All have been diagnosed or treated for a mental health condition. 25% of college students have a diagnosable mental health condition that can be managed with appropriate treatment. If you think you may have depression or anxiety, you are not alone! Call CPS to make an appointment for a free and confidential assessment.





Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS

Spanish Placement Exam Dates



Testing Dates:

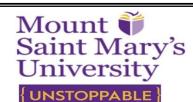
*Friday, February 20, at 9:00am *Friday, March 27, at 9:00am

Spaces are limited, please sign-up at the LRC during business hours or call to set up your appointment at 213-477-2690.

APPLICATIONS AVAILABLE ONLINE AT

SUBMIT DESIGN **BY MARCH 9**

LEAVE YOUR LEGACY AT THE MOUNT



STUDENT **HANDBOOK COVER** CONTEST

2015-2016



WIN \$100

Mount 🍿

Saint Mary's SUMMER SCHOOL @ THE MOUNT

FOR TRADITIONAL UNDERGRADS ONLY \$85 PER UNIT

May 18 - June 25

Monday through Thursday **Doheny Campus**

In Person	ART 3/103 Visual Thinking (GS IIIA) +\$55 lab fee	
8:00 am -10:00 am	ENG 1A Freshman English (GS IA)	
	ENG 1B Freshman English (GS IA)	
In Person	HIS 1A Western Civilization (GS IIIC)	
10:15 am -12:15 pm	PHI 16 Philosophy Through Culture (GS VB.1)	
*****	RST 178 Death & Afterlife (GSVA.4 & GS IV)	

Register on WebAdvisor beginning 6:00 am April 1, 2015.

Important Information:

- Registration closes on May 1, 2015
- · Add/Drop deadline: May 22, 2015
- · Withdraw deadline: June 12, 2015
- · No refunds once classes begin

Must pay in full by May 8th or will be dropped from course(s)

If you have any questions, please contact: Registrar's Office (x4020/2520)

FEBRUARY



- · Make sure your workout routine includes cardio
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Campus Security Safety Tips- Week Six:
Disaster Preparedness— Tip 3

Did you know?

According to U.S. Geological Survey (USGS):

- The earliest recorded evidence of an earthquake has been traced back to 1831 BC in the Shandong province of China, but there is a fairly complete record starting in 780 BC during the Zhou Dynasty in China.
- The hypocenter of an earthquake is the location beneath the earth's surface where the rupture of the fault begins. The epicenter of an earthquake is the location directly above the hypocenter on the surface of the earth.
- The percentage of a stronger quake after a large quake is 5 to 10 percent over seven days following a quake.
- Aftershocks with magnitudes ranging from 3 to 5 are expected to be relatively common over the days or even months following an earthquake.
- The San Andreas fault is NOT a single, continuous fault, but rather is actually a fault zone made up of many segments. Movement may occur along any of the many fault segments along the zone at any time. The San Andreas fault system is more that 1300 km (800 miles) long, and in some spots is as much as 16 km (10 miles) deep.

It's no secret that earthquakes are unpredictable and that is why it's so important to have emergency supplies. Visit the Campus Security portal page, for a 10% online discount code for SOS Emergency Supplies. You will also find helpful resources dedicated to providing emergency management information.



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Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive!



Athenian Promise:

I will support a culture of diversity by respecting the rights of those who differ from me.

Finding Scholarships and fund for College Bills

Thursdays from 1—5 with Sharla Berry,
Scholarship Specialist in Student Success Center,
Bldg 2, Rm. 108



Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 21 February 23, 2015

THIS WEEK

Monday, Feb. 23
Advisement Begins

Tuesday, Feb. 24 1:00 Alum Panel 6:00 Taize Prayer

Wednesday, Feb. 25 12:00 Fight Back on Spring Break

> March 2—6 Spring Break No Classes College Offices are Open

Monday, March 9
Classes Resume



come meet MSMU alums!



GUEST SPEAKERS

JEANNETTE MANCILLA-MARTINEZ '00
Professor at UC Irvine
Baccalaureate: Liberal Studies
Master: Language and Literacy
Doctor of Education: Human Development & Psychology

KADIJAH SAMIRA '09 Business Affairs Assistant at NBC Universal Baccalaureate: Business Administration

ANA GRANDE '01 '09 Field Director at The ONE Campaign Baccalaureate: Political Science Master: Humanities

ALEXIS FLORES '10 Art Therapist at Almansor Clinical Services Baccalaureate: Psychology Master: Marriage and Family Therapy/ Art

JADAH PARKS CHATTERJEE '11 Nurse at Children's Hospital Baccalaureate: Nursing Associate: Nursing (A.D.N)

For more information (310) 954-4110

Feb. 24
1 p.m. to 2 p.m.
Rose Hills
Auditorium

free food and refreshments!

Broughttoyouby Alumnae Relations, Career Services, and the Student Success Center

For more information (213) 477-2685



LENTEN TAIZE PRAYER NIGHT

Tuesday, February 24, 6pm to 7pm Mercy Chapel (Doheny)

Taize is a style of prayer that is quiet and reflective, deeply peaceful and joyful, including simple songs and chants in different languages, readings, silences and prayers.

PHI THETA KAPPA'S!

We will be having a meeting on

Tuesday, February 24, 1pm-2pm Please check our board for the room

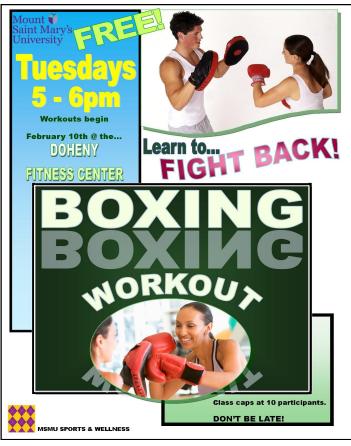
number. We will be choosing the design for our apparel and ordering it as well,

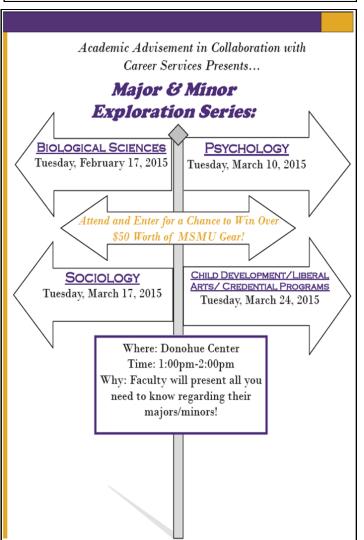
so don't forget to **bring cash!**For those who can't make it, please email msmuptk@yahoo.com

to order your apparel. The final day to order your apparel will be on Tuesday the 24th!

See you all there!







Graduating?

Cap and gowns are currently on sale in the bookstore. The associate/bachelor package is \$100 and the master package is \$110.



Katie Chiles, Bookstore, 213-477-2760

From Campus Ministry



Monday, Feb. 9 Cookies!

MORNING PRAYER in Mercy Chapel Monday, Feb. 23, and Wednesday, Feb. 25, 10:30am Tuesday, Feb. 24, and Thursday, Feb. 26, 9:00am

campusministry@msmu.edu 213-477-2672 Doheny Office



Mount Saint Mary's University Campus Ministry presents

EXPLORING POLAND:

Discovering the Global Church & World Youth Day



July 19 to August 1, 2016 ~ \$4500 ~

Join Campus Ministry on a pilgrimage through Poland: Warsaw, Krakow, Auschwitz, Wadowice and more. Conclude by joining with the Pope and young adults from around the world for **World Youth Day.**

Interested? Questions?
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for the full brochure and itinerary:
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(310) 954-4426



CPS Tip of the Week



5 Scientifically-Proven Ways to Be Happier

Being happy may just be the single most important thing you can do for your health. Actually, here are 5 science-based ways to be happier to help you to get back to smiling in a flash.

- **1. Exercise:** A study in the *Journal of Health Psychology* found that people who exercised felt better about their bodies even when they saw no physical changes.
- 2. Spend More Time with Friends/Family: Several studies have found that spending time with friends and family makes a big difference in how happy we feel. Social time is highly valuable when it comes to improving our happiness, even for introverts. Call them now!
- **3. Get Outside More:** One study found that spending 20 minutes outside in good weather not only boosted positive mood, but broadened thinking and improved working memory.
- 4. **Help Others**: According to the *Journal of Happiness*, 100 hours per year (or two hours per week) is the optimal time we should dedicate to helping others in order to enrich our lives.
- 5. **Smile**: According to PsyBlog, smiling makes us feel better which also increases our attentional flexibility and our ability to think holistically.

How cool is that?

Reference: http://www.inc.com/jeff-haden/15-scientifically-proven-ways-to-be-happier.html



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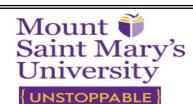
WELLNESS....
THE MOUNT WAY

APPLICATIONS AVAILABLE ONLINE AT

https://welcome.mount.msmc.la.edu/student-life/ student-programming/Pages/CoverContest.aspx



LEAVE YOUR
LEGACY AT THE
MOUNT



STUDENT
HANDBOOK
COVER
CONTEST

2015-2016



<u>WIN</u> \$100

Career Services at Doheny

Come to our table in front of Ahmanson Commons for the following meetups:

3/10 3/24 3/31 4/07 4/14 4/21 4/28 Meet and Greet with CS-D staff!
Learn about Resumes
Meet and Greet with CS-D staff!
What makes a good handshake?
Meet and Greet with CS-D staff!
What's a Cover Letter?
Deciphering job applications



Veteran Outreach Association Meeting

Monday, February 23, from 12:30—1:30 Chalon Campus Center

Join us to learn more about the VOA club! We will discuss about upcoming events, leadership opportunities, and more

Questions? Contact us at msmc.voa@gmail.com

FEBRUARY



Let's Get Moving

- Make sure your workout routine includes cardio
- Walking is free, nature is beautiful
- Working out can help reduce depression and illness

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FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

Campus Security Safety Tips Week Seven: Student ID Requirement

For your safety all students are required to carry their MSMU ID at all times. Students are also required to present their ID card upon request from MSMU Officials. The MSMU ID card is necessary at Food Services, Health Services, Library use, access to Fitness facilities, University sponsored events, check cashing in the Business Office, checking out items at the Residence Desk, picking up mail packages, boarding the Shuttle, and for security purposes.

If you lost your MSMU ID, replacement cards may be obtained in the Food Services Office for \$12 with the same picture or \$15 with a new picture. The MSMU ID card also serves as the resident student meal card. MSMU ID cards are only valid when affixed with a sticker indicating the current semester and year. An ID may be required for any MSMU service.



Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive!

Fall 2015 Semester

February 23rd - March 20th

Registration for the Fall 2015 semester begins March 23rd. Please contact your advisor today to schedule your appointment! If you do not meet with an advisor, a hold will remain on your account and you will be unable to register for Fall 2015 classes.

There will be no Drop-In Hours during Advisement Period



2014-2015 Academic Year **GIVEGAB**

Why GiveGab?

- Stay updated on new volunteer opportunities and events.
- Connect with other Mount volunteers.
- Log volunteer hours to help the Mount apply for grants and funding.
- Be recognized for making a difference
- Share pictures from your volunteer services.
- View, love, and comment on posts.
- Reflect upon your experience.
- Broaden your volunteer horizon by reading other's reflections.

For More Information Contact

Kimberly Terrill, Director of Community Engagement

kterrill@msmu.edu

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Khirsty Randles, Community Engagement Student GiveGab

Specialist khirand@mymsmc.la.edu

<u> GiveGab</u>

GiveGab helps students find volunteer opportunities they're passionate about in their local community and beyond, log your volunteer hours, reflect on experiences, connect and communicate with friends and create a volunteer resume.

Mount Saint Mary's Community Engagement has

brought the Mount into the GiveGab community and wants you to be a part of our GiveGab community. too!

Mount 🏺 Saint Mary's

University

How are you going to make a difference?

From the Registrar's Office

Friday, March 20

Last Day to drop (withdraw) from a class. You'll get a W.

Wednesday, March 25 Registration for Sophomores

Thursday, March 26 Registration for Freshmen

Friday, March 27 Registration for Chalon Classes

Monday, March 30, - April 6 Black out week. No one can register.



Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 23 March 9, 2015

THIS WEEK

ADVISEMENT CONTINUES

Tuesday, March 10 12:30 Career Services

Career Services
Meetups

1:00

Explore Psychology Majors/Minors

5:00 Boxing Workout

Friday, March 13 4:00 Athenian Cafe Ju

Submissions for Doheny Happenings should be sent to Dohenyhappenings@msmu.edu by Wednesday noon.

Planning to Inter-Program Change to Chalon in May?

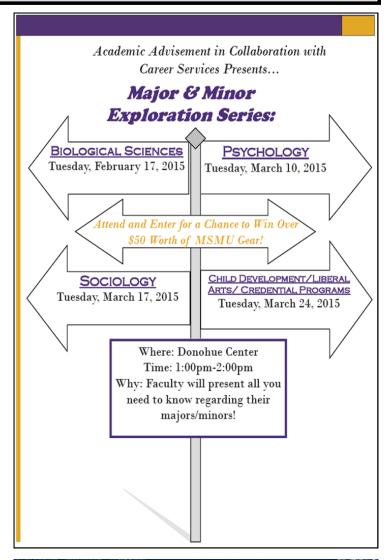
Information and application are on the MSMU webpage.

Click on Academics; click on Associate Programs, click on Inter-Program Change

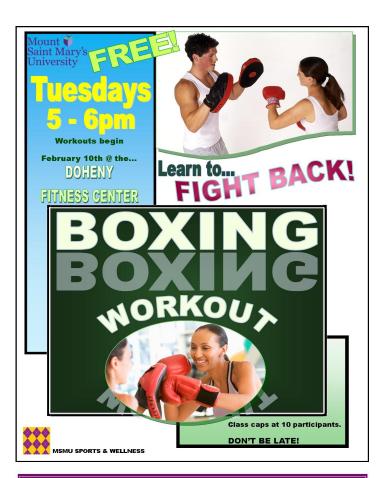
Download and print the Inter-Program Change Application

Read the instructions, criteria, deadline.

Applications are due Monday, March 16 to Jeanette Stone, Bldg 2, first floor









FOR TRADITIONAL UNDERGRADS ONLY

\$85 PER UNIT

May 18 - June 25 Monday through Thursday **Doheny Campus**

In Person	ART 3/103 Visual Thinking (GS IIIA) +\$55 lab fee		
8:00 am -10:00 am	ENG 1A Freshman English (GS IA)		
	ENG 1B Freshman English (GS IA)		
In Person	HIS 1A Western Civilization (GS IIIC)		
10:15 am -12:15 pm	PHI 16 Philosophy Through Culture (GS VB.1)		
	RST 178 Death & Afterlife (GSVA.4 & GS IV)		

Register on WebAdvisor beginning 6:00 am APRIL 7, 2015

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- Add/Drop deadline: May 22, 2015
- · Withdraw deadline: June 12, 2015
 - · No refunds once classes begin

Must pay in full by May 8th or will be dropped from course(s)

If you have any questions, please contact: Registrar's Office (x4020/2520)

This week with CAMPUS MINISTRY

Cookies

Mondays at 2:00 in CM Office

Morning Prayer in Mercy Chapel 9:00am Mondays and Wednesdays Tuesdays, and Thursdays 10:30am

Watch for more info about CSJ Week -March 16-21!

SAVE THE DATE!

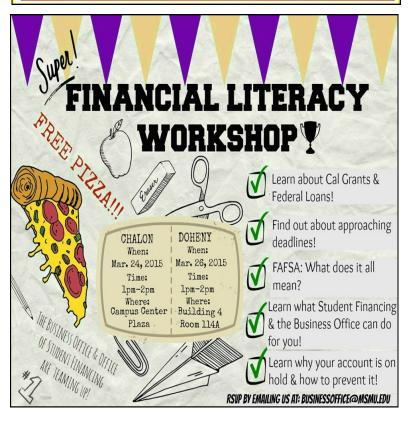
Poland and World Youth Day Deposit is due March 15th! Take a pilgrimage with us!

DON'T FORGET!

QUESTIONS? Contact us!

campusministry@msmu.edu @msmu_cm on Twitter and Instagram Campus Ministry at Mount St. Mary's University on Facebook DOHENY, House 7, (213) 477-2672 // CHALON: Humanities, First Floor, (310) 954-4125





CPS Tip of the Week

5 Tips for Making it After Spring Break

Maybe you went to the beach, maybe you finally caught up on Netflix. No matter how you spent your break, it can be hard to get back to your routine of the semester. Here are five tips designed to help you come back and do your best as you finish up the year.

- 1. Get some rest— Get a good amount (7-8 hours) of sleep so you can wake up feeling refreshed, and ready to take on the day.
- 2. **Have a good breakfast-** Eating a healthy breakfast increases your chances of staying awake and focused throughout the day.
- 3. Make time to re-organize—Let's face it. We all have those times when we think ahead and plan to get something done over the break. Maybe it was that English paper or the big project due at the end of the semester. If you are like many, you may not have gotten as far with the project as you like. Rather than feeling bad, take the time to re-organize and set reasonable tasks and goals for the self to prioritize what is important and break down your workload into smaller tasks.
- 4. **Know when to get help-**Around this time of the semester, the workload can feel heavy. If you find yourself feeling overwhelmed, connect with other students to study and review together. Talk to your professor and ask for help. You can also call or walk in to set up an appointment with Counseling & Psychological Services for coping and time management skills.
- 5. **Know when to relax-**With so many things going on, it can be hard to set aside time to relax. BUT.... Relaxation is important for your physical and mental health. Relaxation can keep you focused and on track to completing your goals and making it to the end of the semester. So take some time to settle in and don't forget these key words: Rest, Breakfast, Organize, Help and Relax!

Adapted from "COMING BACK FROM SPRING BREAK? 5 TIPS FOR GETTING BACK TO NORMAL" by LaShanna Saunders at Utica College Mar 27, 2014



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS

CS

Career Services at Doheny

Come to our table in front of Ahmanson Commons for the following meetups:

3/10 3/24 3/31 4/07 4/14 4/21

4/28

Meet and Greet with CS-D staff! Learn about Resumes Meet and Greet with CS-D staff! What makes a good handshake? Meet and Greet with CS-D staff! What's a Cover Letter? Deciphering job applications

Volunteering??? Get on our GiveGab Page.

Be Involved

How to be involved with Mount Saint Mary's University GiveGab Page in 6 easy steps!



If you have any

.la.edu

difficulties contact

1)Go to www.givegab.com

2)Click "Sign up for Free"

Khirsty Randles at

3)Follow the prompts to create your profile khirand@mymsmc 4)Seek the search bar in the upper right

hand corner (next to your icon) and search for Mount Saint Mary's University

5)Find us under the "Schools" category (Seek our MSMU Logo)

6)Follow us, join us, and share us on Facebook!

Brought to you by Community Engagement, a division of **Student Affairs**

Learn about Cal Grants & Federal Loans! Find out about approaching DOHENY CHALON deadlines! When: Mar. 26, 2015 Time: lpm-2pm 24, 2015 FAFSA: What does it all Time: -2pm ere: s Cente: earn what Student Financing & the Business Office can do OF STUDENT FINANCING for you! THE TEAMING UP! Learn why your account is on hold & how to prevent it! RSVP BY EMAILING US AT: BUSINESSOFFICE@MSMU.EDU

MARCH Nutrition



 Healthy meals should include a daily breakfast

 Limit your intake of foods that are high in sugar and fat

Make an appointment for a FREE Nutrition Consultation in Student Health Services

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE **WELLNESS.... The Mount Way!**







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

CHALON Doings....

Commuter Advisory:

Go to Chalon on Norman Place and leave Chalon by Bundy.

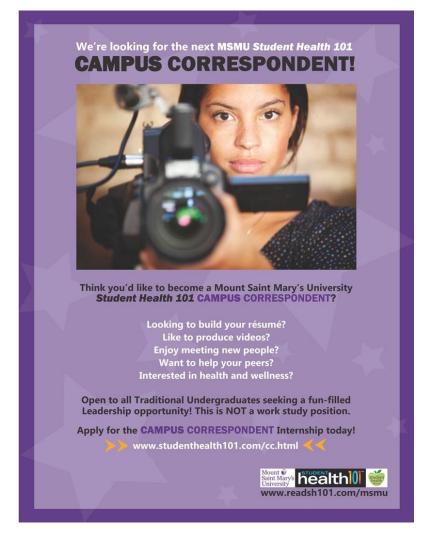


Sunday, March 15 7:00pm Mass

Thursday, March 12 12:00—2:30 STEM Expo

STEM Expo. Networking opportunities with schools and hospitals

Tuesday, March 17 12—3 Job and Internship Fair





Coming Soon to your inbox – <u>StudAcct123@msmu.edu</u>

Great News, Mount Saint Mary's University will be creating each student her/his own Office365 email account. You will now be able to converse more easily with your faculty and campus administrative offices. We will all be on the same email system. Look for updates during the Spring 2015 on when you will get your new account and how you can move your current Gmail account emails to your new account, if you want to keep them.

Many other features will be coming with this new account – not only do you get an @msmu.edu email address, but you will be able to download the Office365 software to your personal computer – including Word, Excel, Power-Point, Outlook, and OneNote, and continue to use this while a student at MSMU. You will also have access to the campus directory, space on the OneDrive, Calendaring and Newsfeeds. We can't wait to share this with you. If you have any questions, stop by the Media Center at either campus and get a tour of Office365.

Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 24 March 16, 2015

THIS WEEK

Monday, March 16

1:00 Dickens Performance

Tuesday, March 17

11:00 Tone & Fit

1:00 Sociology

1:00 Blessing of the Sisters

Wednesday, March 18

4:00 Self Defense

Thursday, March 19

12:00 Tone & Fit

5:30 Service Program

Friday, March 20

Last Day to Drop a Class

Saturday, March 21

INVITATION TO SERVE

A DICKENS PERFORMANCE

A One Man Show By Paul Jacques



Monday, March 16, 1:00—2:00, Rose Hills Auditorium

Sponsored by



Major & Minor Exploration Series:

Tuesday, March 17, 1:00, Donohue Center

Sociology



Please join the Mount community as we honor our Sisters of St. Joseph of Carondelet Thursday, March 19, is the Feast day of St. Joseph

Tuesday, March 17 Doheny Campus Blessing of the Sisters and **Bread Blessing**

In Ahmanson Commons at 1pm

Thursday, March 19 "Serving the Dear Neighbor" **Doheny Campus**

Join our Residence Life Team in an RA program

Hannon Hall 1st Floor

Time: 5:30-7pm



From the Registrar's Office

Friday, March 20 Last Day to drop (withdraw) from a class. You'll get a W.

Wednesday, March 25 Registration for Sophomores

Thursday, March 26 Registration for Freshmen

Friday, March 27 Registration for Chalon Classes

Monday, March 30, - April 6 Black out week. No one can register. Chair persons

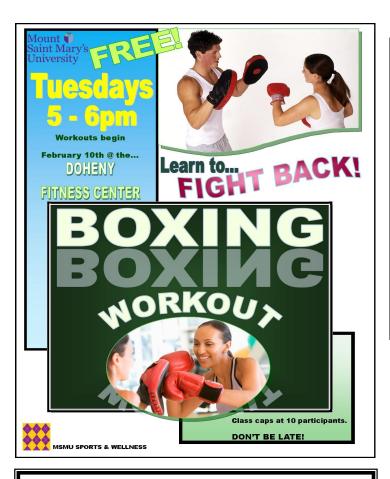


Planning to

Inter-Program Change to Chalon in May?

Applications are due Monday, March 16, to Jeanette Stone, Bldg 2, first floor





The Athenian Promise

I will commit myself to the pursuit of knowledge with personal integrity and academic honesty.

What is Plagiarism?



MLA & APA **WORKSHOP**

First Session: Tuesday, March 24 10:00 AM - 11:00 AM Second Session: Wednesday, March 25 12:00 PM - 1:00 PM Location:

Rose Hills Auditorium





FACILITATED BY: MR. ERIC DINSMORE and MS. LULA LIVANIS SPONSORED BY:
THE DOHENY LEARNING RESOURCE CENTER AND THE ENGLISH DEPARTMENT





Cookies

Mondays at 2:00 in CM Office

Morning Prayer in Mercy Chapel Mondays and Wednesdays Tuesdays, and Thursdays 10.30am

SAVE THE DATE!

Poland and World Youth Day Deposit is due March 15th! Take a pilgrimage with us!

DON'T FORGET! Both Mary and Mercy Chapel are ope

CUESTIONS? Contact us!
campusministry@msmu.edu
@msmu_cm on Twitter and Instagram
Campus Ministry at Mount 5t. Mary's University on Facebook
DOHENY, House 7, (213) 477-2672 // CHALON: Humanities, First Floor, (310) 954-4125

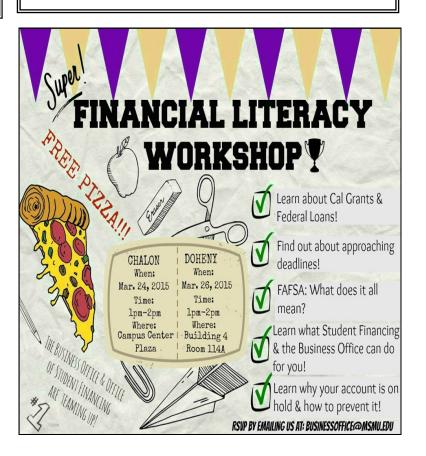
Graduating?

Everything you need to know is on the MSMU webpage. Click Commencement. You're responsible to read and know everything there.



Cap and gowns are currently on sale in the bookstore. The associate/bachelor package is \$100 and the master package

Katie Chiles, Bookstore, 213-477-2760



CPS Tip of the Week



SPRING IS HERE!!

Have you been outside lately to get your daily dose of sun and flowers?!

Incorporating outdoor activities into your weekly schedule can be a GREAT way to reduce feelings of stress and

anxiety, as well as boost your mood!

In addition to simply jogging or hiking, would you like to try kayaking, horseback riding, or going to the zoo?! Check out this website for FUN AND CHEAP things to do outside in L.A!



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



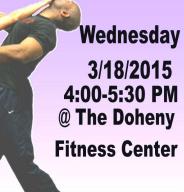
WELLNESS....

Chalon Office (310) 954-4114, Huma Like us on Facebook

FREE WORKSHOP!

ELEDEFENSE!

With extensive research and experience in the field of Criminology, Prof. Ensley will guide and instruct you through the appropriate use of Self Defense, when to act, and how to ALWAYS COME HOME SAFE!



ALWAYS COME HOME SAFE



⇒ PREVENT SITUATIONS
 ⇒ ENHANCE YOUR SENSES
 ⇒ DEFEND YOURSELF
 ⇒ TAKE CONTROL!

We can only take the first 16 through the doors so... DO NOT BE LATE!

Sponsored By

Mount 🍑 Saint Mary's University

Sports & Wellness

Volunteering??? Get on our GiveGab Page.

Be Involved

How to be involved with Mount Saint Mary's University GiveGab Page in 6 easy steps!



1)Go to www.givegab.com

2)Click "Sign up for Free"

3)Follow the prompts to create your profile $^{\rm k}$

4)Seek the search bar in the upper right hand corner (next to your icon) and search for Mount Saint Mary's University

5)Find us under the "Schools" category (Seek our MSMU Logo)

6)Follow us, join us, and share us on Facebook! If you have any difficulties contact Khirsty Randles at khirand@mymsmc .la.edu

Brought to you by Community Engagement, a division of Student Affairs

NUTRITIONAL WELLNESS

45 MINUTE CONSULTATION WITH OUR NURSE PRACTITIONER



If you would like to learn how to achieve or maintain healthy weight, learn about healthy eating habits like mindful eating or simply improve your health...

Call Student Health Services to schedule a <u>FREE</u> appointment.

CHALON 310-954-4110



DOHENY 213-477-2685

MARCH 2015

MARCH Nutrition



 Healthy meals should include a daily breakfast

 Limit your intake of foods that are high in sugar and fat

Make an appointment for a FREE Nutrition Consultation in Student Health Services

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE **WELLNESS.... The Mount Way!**



Sports & Wellness





FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

CHALON Doings....

March 17 Job and Internship Fair

March 17, 4:00 Huffington: On Success

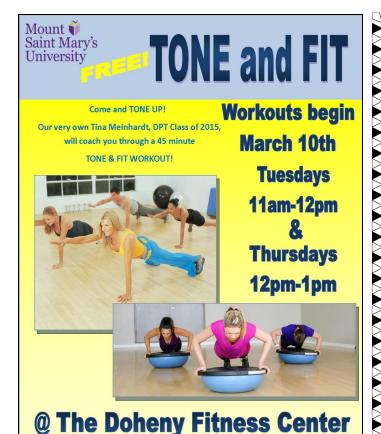


Campus Positions Now Hiring

<u>Campus Correspondent!</u> Working with health and wellness.

Info at www.student health101.com/cc.html

MSMU Tour Guides! Working with Admissions. Info and application at msmutourguide@msmu.edu; applications due March 25.



Campus Security Safety Tips-Week Nine: Violence Prevention-Tip 1

There are many types of campus violence including rape, assault, fighting, hazing, dating violence, sexual harassment, hate and bias-related violence, stalking, rioting disorderly conduct, property crime, and even self-harm and suicide. Recognizing the signs of a possible violent situation is important to your safety. If something doesn't feel right, it probably isn't. If you feel uncomfortable in a situation, trust your instincts and leave. If someone is pressuring you to do something you are not comfortable with, it's better to make up an excuse to leave than to stay and be uncomfortable, scared, or worse. Your safety comes before someone else's feelings or what they may think of you. Report all incidents to Campus Security immediately.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 25 March 23, 2015

THIS WEEK

Tuesday, March 24

10:00 APA & Plagiarism 1:00 Child Development

6:00 Taize Prayer

Wednesday, March 25

12:00 APA & Plagiarism

Thursday, March 26

1:00 ACADEMIC SYMPOSIUM 1:00 Financial Literacy

Friday, March 27

9:00am Spanish Test

1:00 Reconciliation Service

What is Plagiarism?



MLA & APA WORKSHOP

First Session: Tuesday, March 24 10:00 AM - 11:00 AM Second Session: Wednesday, March 25 12:00 PM - 1:00 PM Location: **Rose Hills Auditorium**

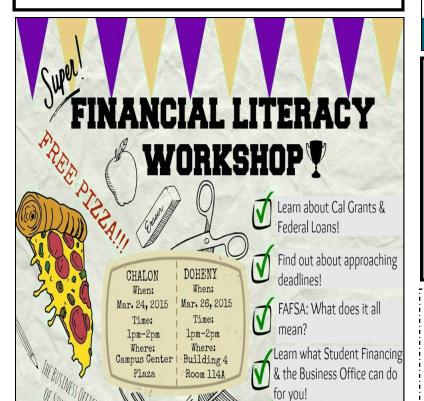










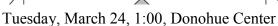


Learn why your account is on

hold & how to prevent it!

RSVP BY EMAILING US AT: BUSINESSOFFICE@MSMU.EDU

Major & Minor **Exploration Series:**



Child Development/Liberal Arts/ Credential Programs

Faculty will present all you need to know regarding their majors/minors.

Last chance to get a ticket. Winner will be announced on 3/24.



Spanish Placement Exam

*Friday, March 27, at 9:00am

Spaces are limited, please sign-up at the LRC during

business hours or call to set up your appointment at 213-477-2690.

This week with CAMPUS MINISTRY



Cookies

Mondays at 2:00

Morning Prayer in Mercy Chapel Mondays and Wednesdays 9:00am Tuesdays and Thursdays 10:30am

Tuesday, March 24, 6pm Mercy Chapel (Doheny)

LENTEN TAIZE PRAYER NIGHT

Taize is a style of prayer that is quiet and reflective, deeply peaceful and joyful, including simple songs and chants in different languages, readings, silences and prayers.





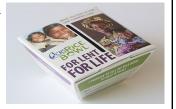
Friday, March 27, 1—2 LENTEN RECONCILIATION SERVICE

Mercy Chapel Doheny

Take part in this special prayer service where you can listen to readings from the Bible, sing and go to Confession in English or Spanish.

Coming up

How is your Rice Bowl collection going? We will be collecting the Bowls at the Chalon Palm Sunday Mass on March 29, or you can bring them to the CM offices during the week of March 30-April 2. Thanks for your support of



those in need locally and around the world.

March 30-April 2 Holy Week

The holiest week of the year, includes Palm Sunday, the Last Supper, the Crucifixion and death of Jesus.





Tuesday, April 14 Easter Eggstravaganza Puppies, the Easter Bunny, food and drink, games, crafts and more!

SAVE THE DATE!

Poland and World Youth Day Deposit is due March 15th! Take a pilgrimage with us!

QUESTIONS? Contact us! campusministry@msmu.edu @msmu_cm on Twitter and Instagram

Campus Ministry at Mount St. Mary's University on Facebook DOHENY, House 7, (213) 477-2672 // CHALON: Humanities, First Floor, (310) 954-4125

ACADEMIC SYMPOSIUM

Thursday, March 26, 1—4 North Lawn

An ACADEMIC SYMPOSIUM is a time for the students and faculty to show off their studies, investigations, research, etc. Come out to see this amazing work.

Classes cancelled from 1—4.

ISAE/Student Support Services (TRIO)

Attention ISAE Students.

Join us as we go to the beautiful Huntington Garden and Tea Room on Sunday, April 12th.

This is the final open event for the Spring 2015 semester. Signups begin Monday, March 23rd at 9:00am in the ISAE Office.



Don't forget to bring your \$20 (check or cash) refundable deposit.

ISAE - DON'T RISK DEACTIVATION!!!

Meet with your ISAE Counselor (work on your Ed Plan) and Peer Advisor

(Freshmen 3x/sem; Soph. 2x/sem) Attend minimum of 2 Events for ISAE Credit

> Doheny ISAE Office Bldg. 7, 1st Floor Back Offices Veronica Martinez (mvmartinez@msmu.edu)



CPS Tip of the Week



Feeling overwhelmed or exhausted? Is there no time to go to the gym or exercise? Here are some quick techniques to relax your stress away. Take some time for yourself and try some of these tips:

Relax Your Body:

While sitting, lying down, or standing, close your eyes and breathe in slowly.

Let the breath out for a count of 5-6 seconds Take in another deep breath counting up to 5-6 seconds Take ten of these super-relaxers any time you feel tense

Relax your Mind:

Change irrational thoughts (Eg. Seeing only the worst possible outcome in everything or black and white thinking) to rational ones by avoiding:

Jumping to conclusions Overgeneralizations **Blaming Others**



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor





Volunteering??? Get on our GiveGab Page.

Be Involved

How to be involved with Mount Saint Mary's University GiveGab Page in 6 easy steps!



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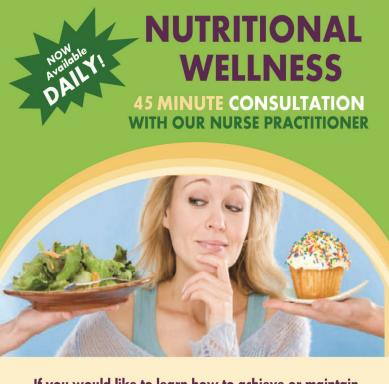
6)Follow us, join us, and share us on Facebook!

difficulties contact Khirsty Randles at

Brought to you by Community Engagement, a division of Student Affairs

UNCLE TOM'S CABIN EXHIBIT

(second floor library) is coming down. Please claim the exhibits that are yours —this week.



If you would like to learn how to achieve or maintain healthy weight, learn about healthy eating habits like mindful eating or simply improve your health...

Call Student Health Services to schedule a FREE appointment.

CHALON 310-954-4110



DOHENY 213-477-2685

MARCH 2015

MARCH Nutrition



- Resist the urge to stop by the vending machine for a "quick candy bar"
- Understand the signs of disordered eating, like deliberate starvation, binge eating or secretive purging
- Make an appointment for a **FREE Nutrition Consultation** in Student Health Services

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE

WELLNESS.... The Mount Way!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

Campus Positions Now Hiring

Campus Correspondent! Working with health and wellness. Paid Internship. Info at www.student health101.com/cc.html

MSMU Tour Guides! Working with Admissions. Info and application at msmu tourguide @msmu.edu; applications due March 25.



CAREER SERVICES

Come to our table in front of Ahmanson Commons on Tuesday, March 24, to learn more about RESUMES.

Athenian Day 2015

Saturday, April 11, 8am—12, Chalon Campus

Join in the fun of the 24th Annual Athenian Day! This tradition involves Athenians coming together as a team to win games that are both physical and mental. Registration deadline is Monday, March 30. Read more on the Portal.



Our very own Tina Meinhardt, DPT Class of 2015. will coach you through a 45 minute TONE & FIT WORKOUT!



Workouts begin

March 10th **Tuesdays** 11am-12pm **Thursdays 12pm-1pm**



@ The Doheny Fitness Center



Campus Security Safety TipsViolence Prevention— Tip 2

Don't be a victim of Sexual Assault. When you're preparing \leq for a date or a party, make sure to have enough money to pay for your meal and transportation home, if necessary. Have your cell phone charged and with you. Program a taxi scompany phone number into your directory. There are many taxi apps (Ex. Taxi Magic) you can download that would allow you to pay with a credit card on your phone. If you are going to a party, go in a group or with a friend and never leave your drink unattended. It takes only a second to

slip something in your drink that would make you vulnerable. Know your limit and stop > when you feel the affects of alcohol. Don't ignore sudden feelings of mistrust just because you have known someone for a long time. You can't tell if a person has the potential to rape based on past behaviors. Report all incidents to Campus Security

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 26 March 30, 2015

THIS WEEK

Thursday, April 2 Holy Thursday

Friday, April 3
Good Friday—no classes
College Closed

Saturday, April 4
College Closed
Sunday, April 5-Easter

Monday, April 6
College Offices Open
No classes for Traditional Students

Tuesday, April 7
Classes resume
Summer School Registration

Graduating?

Everything you need to know is on the MSMU webpage. Click Commencement. You're responsible to read and know everything there.



Caps and gowns are currently on sale in the bookstore. The associate/bachelor package is \$100 and the master package is \$110.

Katie Chiles, Bookstore, 213-477-2760

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Join Doheny Student Activities Council at

Spring Bash

Thursday, April 9, 12pm-2pm



Doheny Mansion Lawn

Tickets for Tommy's Hamburgers are on sale beginning March 31!

\$5.00 for Students \$7.00 for Faculty and Staff

All ticket prices will be \$7 the day-of the event

Tickets are available in the

Women's Leadership Office at Doheny





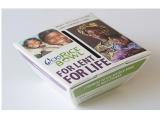
This week with CAMPUS MINISTRY

Cookies

Mondays at 2:00

Morning Prayer in Mercy Chapel Mondays and Wednesdays 9:00am Tuesdays and Thursdays 10:30am

How is your Rice Bowl collection going? We will be collecting the Bowls; you can bring them to the CM offices during the week of March 30-April 2. Thanks for your support of those in need locally and around the world.



March 30-April 2 Holy Week The holiest week of the year, includes Palm Sunday, the Last Supper, the Crucifixion and death of Jesus.



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DON'T FORGET! Both Mary and Mercy Chapel are op everyday from 6AM until 10PM!

QUESTIONS? Contact us! campusministry@msmu.edu @msmu_crn on Twitter and Instagram Campus Ministry at Mount St. Mary's University on Facebook DOHENY, House 7, (213) 477-2672 // CHALON: Humanities, First Floor, (310) 954-4125

AMERICAN P When: Tuesday, April 7, 2015 Time: 5:30pm-7:30pm **Location: Doheny Pool** Must RSVP at: Msmc.voa@gmail.com By March 30, 2015 Bring your Friends! Spend an afternoon with free food and great company! onsored by Mount Saint Mary's Universit Veteran Outreach Association

ISAE/Student Support Services (TRIO)

Attention ISAE Students.

Join us as we go to the beautiful Huntington Garden and Tea Room on Sunday, April 12th.

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> Doheny ISAE Office Bldg. 7, 1st Floor Back Offices Veronica Martinez (mvmartinez@msmu.edu) (213) 477-2663

Mount ii Saint Mary's University

SUMMER SCHOOL @ THE MOUNT

FOR TRADITIONAL UNDERGRADS ONLY

\$85 PER UNIT

May 18 - June 25 Monday through Thursday **Doheny Campus**

In Person	ART 3/103 Visual Thinking (GS IIIA) +\$55 lab fee		
8:00 am -10:00 am	ENG 1A Freshman English (GS IA)		
	ENG 1B Freshman English (GS IA)		
In Person	HIS 1A Western Civilization (GS IIIC)		
10:15 am -12:15 pm	PHI 16 Philosophy Through Culture (GS VB.1)		
	RST 178 Death & Afterlife (GSVA.4 & GS IV)		
1			

Register on WebAdvisor beginning 6:00 am APRIL 7, 2015

Important Information:

- Registration closes on May 1, 2015
- · Add/Drop deadline: May 22, 2015
- Withdraw deadline: June 12, 2015
 - · No refunds once classes begin

Must pay in full by May 8th or will be dropped from course(s)

If you have any questions, please contact: Registrar's Office (x4020/2520)

CPS Tip of the Week

GIVE YOURSELF A SELF-ESTEEM MAKEOVER

Are you continually playing negative tapes in your mind? Eject them and insert new tapes! You may have to make a conscious effort. When the critical tape starts playing, picture yourself hitting the "stop" button and insert a new, positive tape.

Do not use your weight or appearance to measure your self-worth. What does appearance have to do with self-worth? Your self-worth is the sum of everything that makes you special and unique - not just your thigh and waist measurements! Add up your assets, talents, how you treat others, how you treat yourself, and the contributions you make to your family, friends and community. Now you have self-worth.

Don't use "all or nothing" thinking. No one is perfect and no one is a "total failure". Just because you occasionally make a mistake or take a wrong path does not make you a "total failure". It makes you human!

Strut your stuff. Stop focusing so much on the things you CAN'T do. Instead focus on what you're good at. Capitalize on your strengths and showcase those!



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS....







MARCH



- Resist the urge to stop by the vending machine for a "quick
- derstand the signs of disordered eating, like deliberate starvation, binge eating
- REE Nutrition Consultation **Student Health Services**

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE **The Mount Way!**







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685



Mount Saint Mary's University

Final Examination Schedule Spring Semester May 4th – May 7th, 2015

- All examinations are given in the regularly scheduled classrooms.
- Classes meeting on Friday ONLY will test at their regular meeting time on the Friday prior to exam week (May 1st).
- The Friday of exam week is an in-house faculty work day. For courses scheduled to meet one session per week beginning at 5:00 pm forward, examinations will be held from 6:00-8:00 pm during Final Exam week on the day regularly scheduled.
- For courses which are scheduled outside the standard MWF or T/TH time periods, consult with the Registrar regarding the specific time for the final examination
- Changes in the exam schedule require the approval of the Provost or Registrar
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AM	9:10a-10:10a		8:00a-9:00a	8:00a-9:30a	House
10:30 - 12:30	M-W-F	T - TH	M-W-F	T-TH	Faculty
PM	11:30a-12:30p	9:40a-11:10a	10:20a-11:20a	11:20a-12:50p	
1:00 - 3:00 PM	M-W-F 1:50p-2:50p	T - TH	M-W-F	M-W-F 12:40p-1:40p	Work
3:30 - 5:30	M-W	T - TH	M-W-F	T - TH:	Day
PM	3:00p-4:30p	4:00p-5:30p	4:40p-6:10p	2:20p-3:50p	
6:00 - 9:00 PM S:/Universal/Reg	M	T	W	TH	

Campus Security Safety Tips-Week Eleven: Violence Prevention-Tip 3

Dating violence can happen to anyone. It is important to recognize the "red flags" of an unhealthy relationship to prevent future violence. Signs of an unhealthy relationship can be displayed by the following behavior:

- Insulting you in front of others
- Controlling your money and finances
- Quickly losing his or her temper with you or someone
- Demanding to know where you are at all
 - Getting extremely jealous of your time spent with others
 - Hitting
- **Pushing**
- Acting out violently

If you find yourself scared of your dating partner, feeling be depressed or anxious, losing interest in or giving up activition ties that once were important to you are also signs that this is an unhealthy relationship and you need to get out. Feeling safe in a relationship is crucial. No matter what you may have done to upset your partner, you never deserve to be treated in a degrading or violent manner. Your dating part-> ner should never put you down or make you feel bad about yourself. Healthy dating relationships require responsibility and mutual respect. Dating should be fun! Feeling fearful or unsafe is not fun! Remember always report incidents to Campus Security.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 27 April 7, 2015

THIS WEEK

Tuesday, April 7

Graduation Tickets Ready 12:00 Careers-Hand Shake 5:30 Veterans' Picnic

Thursday, April 9

12:00 Spring Bash

All American Picnic Sponsored by MSMU Veterans

Tuesday, April 7 5:30—7:30, Doheny Pool



Graduation Tickets



Commencement Tickets will be distributed Tuesday, April 7th - Friday, April 24th

You will receive 8 tickets (one for you, seven for guests)

YOU MUST PRESENT A PHOTO ID TO PICK UP YOUR TICKETS!!

Deadline to pick up tickets is *Friday, April 24th*, 2015

AA Grads pick up tickets in Bldg 2 upstairs.

Commencement Information

is on the MSMU webpage. Click on the Commencement icon at the bottom of the page. Read everything you need to know about commencement. If you have more questions, see Sr. Carol in Bldg 2 upstairs.

Join Doheny Student Activities Council at

Spring Bash

Thursday, April 9, 12pm-2pm



Doheny Mansion Lawn

Tickets for Tommy's Hamburgers are on sale beginning March 31!

\$5.00 for Students \$7.00 for Faculty and Staff

All ticket prices will be \$7 the day-of the event

Tickets are available in the

Women's Leadership Office at Doheny





This week with CAMPUS MINISTRY

Cookies

Mondays at 2:00

Morning Prayer in Mercy Chapel Mondays and Wednesdays 9:00am Tuesdays and Thursdays 10:30am



Easter Continues.... The 50 days of the Easter Season only STARTS on Easter weekend. This joyous season will continue until Pentecost, May 24th, so we will be celebrating all season long!

EASTER EGGSTRAVAGANZA Tuesday, April 14, 12:00PM to 2:00PM **Doheny Lawn** Puppies, food, games,



SAVE THE DATE!

Poland and World Youth Day Deposit is due March 15th! Take a pilgrimage with us!

crafts - and more!

DON'T FORGET!

QUESTIONS? Contact us!

campusministry@msmu.edu @msmu_cm on Twitter and Instagram

Campus Ministry at Mount St. Mary's University on Facebook DOHENY, House 7, (213) 477-2672 // CHALON: Humanities, First Floor, (310) 954-4125

APRIL

De-Stress and Summer Fun



- · Avoid "not having enough time"
- Avoid social isolation
- Evaluate what might be stressing you out

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE **WELLNESS....** The Mount Way!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

ISAE/Student Support Services (TRIO)

Attention ISAE Students.

Join us as we go to the beautiful Huntington Garden and Tea Room on Sunday, April 12th.

This is the final open event for the Spring 2015 semester. Sign -ups begin Monday, March 23rd at 9:00am in the ISAE Office.



Don't forget to bring your \$20 (check or cash) refundable deposit.

ISAE - DON'T RISK DEACTIVATION!!!

Meet with your ISAE Counselor (work on your Ed Plan) and Peer Advisor

(Freshmen 3x/sem; Soph. 2x/sem) Attend minimum of 2 Events for ISAE Credit

> Doheny ISAE Office Bldg. 7, 1st Floor Back Offices

Veronica Martinez (mvmartinez@msmu.edu) (213) 477-2663

SUMMER CLASSES AT DOHENY

Registration begins Tuesday, April 7, at 6:00a.m.

Taking Classes at a Community College?

Summer School?

If you are taking summer school courses at a local community college, be sure to:

- 1. Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website
- 2. Complete and turn in a Transfer of Credit Clearance Form prior to taking the course. Transfer of Credit Clearance Forms are located in the Academic Advisement office.
- 3. Contact Academic Advisement at 213.477.2577 or advisement@msmu.edu with any summer school questions.

REGISTRATION for Fall classes is now open for adds and drops which can be made on WebAdvisor.

Questions about registering for classes in other programs should be directed to advisement in Bldg 745.

The Athenian Promise

I will commit myself to the pursuit of knowledge with personal integrity and academic honesty.

CPS Tip of the Week Ways to Love Your Body!

Know Yourself

Think of your body as the vehicle to your dreams. Honorit. Respect it. Fuel it.

Accept Help

Confide in someone you trust, and lighten the load.

Go Gently

Don't be hard on yourself. Make a healthy eating plan and have fun with it!

Be True to You

Don't try to be someone else. Be proud of who you are.

Control Self-Talk

Keep a list of 10 positive things about yourself. Or simply put a quote on the wall saying, "I'm beautiful inside and out."

Take Some Time Out

Eat when you are hungry. Rest when you are tired. Spend some time alone and enjoy some activities.

Stay Active

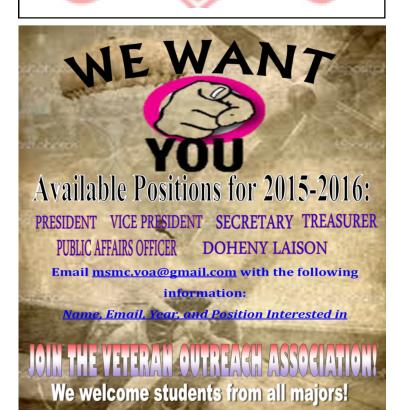
Don't exercise to lose weight or to fight your body. Do it to make your body healthier and stronger and because it makes you feel better.

Want to learn more tips to love your body?



S Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor Like us on Facebook









Mount Saint Mary's University

Final Examination Schedule Spring Semester May 4th - May 7th, 2015

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PM	3:00p-4:30p	4:00p-5:30p	4:40p-6:10p	2:20p-3:50p	
6:00 - 9:00 PM S:/Universal/Res	М	Т	W	TH	



Career Services and Internships at Doheny

Come to our table in front of Ahmanson Commons for the following meetups:

Tuesdays from 12-1 pm Come see us at lunchtime!

3/31 4/07 4/14 4/21

4/28

Meet and Greet with CS-D staff! What makes a good handshake? Meet and Greet with CS-D staff! What's a Cover Letter? Deciphering job applications

ΦΘΚ APPAREL DEADLINE PUSHED

HELLO LADIES! We have officially pushed the deadline to pay for the apparel to Friday, April 10th.

TANK TOP ORDER

We will be ordering our apparel for this semester! If you are a qualified to the member, the last day to pay for this tank top is Friday April 10th! Any corders after that day will not be accepted.



NECKLACE ORDER

We will be ordering this for this semester! $\Phi \Theta K$ will replace $\Phi \Phi A$. Your name will take place of "Kerri," and the two Swarovski beads will be purple and yellow. If you are a qualified $\Phi \Theta K$ member, the last day to pay for this necklace is Friday April 10th! Any orders after that day will not be accepted.



**If you HAVE NOT YET ordered any of the above, please email msmuptk@yahoo.com to figure out where you can give your payment.

Volunteering??? Get on our GiveGab Page.

Be Involved

How to be involved with Mount Saint Mary's University GiveGab Page in 6 easy steps!



difficulties contact

1)Go to www.givegab.com

2)Click "Sign up for Free"

Khirsty Randles at
3)Follow the prompts to create your profile khirand@mymsmo

4)Seek the search bar in the upper right hand corner (next to your icon) and search for Mount Saint Mary's University

5)Find us under the "Schools" category (Seek our MSMU Logo)

6)Follow us, join us, and share us on Facebook! Brought to you by Community Engagement, a division of Student Affairs Career Services and Internships - Doheny presents

The **Spring Workshop Series**

Monday, April 13

Dohohue Center, 4-5 pm

The Master List:

How do you create your first resume? This workshop will walk you through the process of creating a Master List of accomplishments and create a resume from scratch.

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What happens when your career path takes a turn you weren't expecting? Learn about the new traditional career path, get vulnerable when talking about change and failure, and learn how to find the gold at the end of your road.

Campus Security Safety Tips-

Week Twelve: Violence Prevention-Tip 4

Hazing is a form of violence and is defined as any method of pre-initiation into a student organization or any pastime or amusement engaged with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any student or person. It is against University policy to conspire to engage in hazing, or commit any act that injures, degrades, or disgraces, or intends to injure, degrade, or disgrace any other student. But more

importantly you can lose your life to hazing and be one of the many victims that have lost their lives for the sake of their organization. Stand up and say NO to any organization that tries to pressure you with hazing. Your life is important. Remember always report incidents to Campus Security.



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Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 28 April 13, 2015



THIS WEEK

Monday, April 13 4:00 Resume Masters

Tuesday, April 14

11:30

Easter Eggstravaganza

11:30 Homeboy Food Truck

Easter Eggstravaganza

Come celebrate the 50 days of the Easter season!

Tuesday, April 14th, 2015 From 11:30am - 2pm

Where: Doheny Library/bookstore lawn

We will have...

- *A Campus Easter golden egg hunt for a \$50 Amazon gift card!
- *An Easter photo booth
- *Pizza and donut fundraiser
- *Food truck
- *Arts and crafts to destress
- * Free 10 minute massages
- *Puppies & kittens



Sponsored by Campus Ministry, CPS,
Health Services, Student Activities
Council, Sports & Wellness, Student
Success Center



Graduation Tickets



Commencement Tickets will be distributed until Friday,
April 24th, in Bldg 2 upstairs.

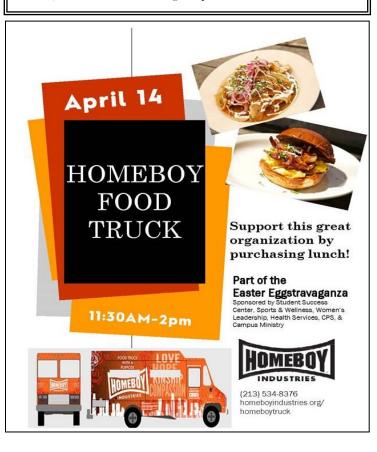
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This week with CAMPUS MINISTRY

Cookies

Mondays at 2:00

Morning Prayer in Mercy Chapel Mondays and Wednesdays 9:00am Tuesdays and Thursdays 10:30am



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Poland and World Youth Day Deposit is due March 15th! Take a pilgrimage with us!

QUESTIONS? Contact us!

campusministry@msmu.edu

@msmu_cm on Twitter and Instagram
Campus Ministry at Mount St. Mary's University on Facebook
DOHENY, House 7, (213) 477-2672 // CHALON: Humanities, First Floor, (310) 954-4125

APRIL FACTS

The birthstone for April is the diamond. The zodiac signs for April are Aries (March 21—April 19) and

Taurus (April 20—May 20).





Mount Saint Mary's University

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PM 11:30a-12:30p 9:40a-11:10a 10:20a-11:20a 11:20a-12:50p 1:00 - 3:00 M-W-F T - TH M-W-F M-W-F PM 1:50p-2:50p T - TH M-W-F 12:40p-1:40p 3:30 - 5:30 M-W T - TH M-W-F T - TH:			T - TH		1000
PM 1:50p-2:50p 12:40p-1:40p 3:30 - 5:30 M-W T - TH M-W-F T - TH:	Faculty				-NGC 007
	WOIN	M-W-F	T - TH		0.000
		M-W-F 4:40p-6:10p	T - TH 4:00p-5:30p	M-W 3:00p-4:30p	3:30 - 5:30 PM
6:00 - 9:00 M T W TH PM S:/Universal/Registrar's Office/Academic Calendars/Spring 2015 Final Exam		**			PM

APRIL De-Stress and Summer Fun



- Don't forget the sunscreen; you'll be happy when your skin looks
- Keep a clear head when going to parties, use the Buddy system and never leave a friend behind
- Don't accept drinks from a stranger

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE The Mount Way!







FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

MORE APRIL FACTS



The birth flower is typically the Sweet Pea or the Daisy.

In April 1818, a flag that contained 1 star for each state and 13 stripes was adopted by congress.

APRIL De-Stress and Summer Fun



- Avoid "not having enough time"
- Avoid social isolation
- Evaluate what might be stressing you out

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE
WELLNESS.... The Mount Way!







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Stress is a very natural and important part of life. What we all need is to learn approach matters in more realistic and reasonable ways. Strong reactions are better reserved for serious situations. Manageable reactions are better for the everyday issues that we all have to face. Here are some tips designed to help you stress less.

Take Time for Pleasurable Activities	Take Care of Your Body
Time Management- Prioritize	Maintain "Perspective"- examine your
Don't take too much on	thoughts for unhelpful/ untrue thoughts
Communication Skills: Getting Along with	Laugh (watch funny movies, TV, look for the
Others, Listen lots, Be assertive	lighter side of life)
Relaxation- slow & deep breathing; imagine	Talk to Others about Stress- friends, family,
pleasant scenes; tense & relax muscles;	counselors (CPS is here to help)

Information taken from: Stress Management Workshop Outline Bert H. Epstein, Psy.D. University Counseling and Psychological Services Oregon State University



Career Services and Internships - Doheny presents

The Spring Workshop Series

Monday, April 13 Dohohue Center, 4-5 pm

The Master List:

How do you create your first resume? This workshop will walk you through the process of creating a Master List of accomplishments and create a resume from scratch.

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The Career Path:

What happens when your career path takes a turn you weren't expecting? Learn about the new traditional career path, get vulnerable when talking about change and failure, and learn how to find the gold at the end of your road.

AN APRIL POEM BY RALPH WALDO EMERSON

April cold with dropping rain Willows and lilacs brings again, The whistle of returning birds And trumpet-lowing of the herds.

(Obviously, Ralph didn't live in Los Angeles. What doesn't fit with our weather and commerce?)

Campus Security Safety Tips-

Week Thirteen: EAlert

Did you know?

This notification system is a voluntary program which will allow those that sign up for the service to be notified of emergencies via email and/or text message to your personal cell phone and

University email address. There is no cost to sign up for the service and normal texting messaging rates will be applied if and when the notification system is activated.

Signing up for the service is easy. Simply go to www.MSMU.edu/ealert to create your account. You will be asked to provide your cell phone number and service provider. Once you have created your account, you will be redirected to another page where you will be asked to enter your code that was texted to your phone to activate your account. You also can add your University issued email address. We strongly advise you to add both your cell phone number and email to your personal notification account to ensure timely notification of problems on or off campus.

If you ever receive a message on your cell phone or email from this system, please follow the instructions carefully.

Periodically during a crisis, updates will be sent out to keep you fully informed. Once the event or crisis has concluded, an all clear message will be sent letting you know that it is now safe to resume normal operations. We encourage all current students, faculty and staff to participate by visiting

www.MSMU.edu/ealert and signing up today for the notification system here at Mount Saint Mary's University. You can also visit Campus Security on the Portal to sign up.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

Academic Advisement

Student Services Building 2nd Floor, Room 211

Office Hours

Monday-Friday 7:30am-4:30pm Friday 7:30-4:00pm

Phone: 213.477.2577 advisement@msmu.edu

Visit our portal page under Academics>Academic Advisement for:

- -Upcoming Events
- -Access to our forms online
- -Placement Score Info
- -"How To" Videos

Summer School?

If you are taking summer school courses at a local community college, be sure to:

- 1.Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website
- 2. Complete and turn in a Transfer of Credit Clearance Form prior to taking the course. Transfer of Credit Clearance Forms are located in the Academic Advisement office.
- 3. Contact Academic Advisement at 213.477.2577 or advisement@msmu.edu with any summer school questions.



Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 29 April 20, 2015



THIS WEEK

Monday, April 20 4:00 Summer Job Workshop



Wednesday, April 22 EARTH DAY

Thursday, April 23 5:00 Laurel Ceremony



Friday, April 24
LAST DAY FOR GRAD TICKETS



Graduation Tickets



Commencement Tickets will be distributed until Friday, April 24th, in Bldg 2 upstairs.

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YOU MUST PRESENT A PHOTO ID TO PICK UP YOUR TICKETS!!

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Cap and Gown Pick-up

If you have purchased your cap and gown at the Doheny Bookstore, it is now ready for pick up. Please bring your ID to the store and pick up your cap and gown.

If you have not purchased your cap and gown, please do so as soon as possible because sizing is getting limited.

If you have any questions, please contact the bookstore at 213-477-2760 or DohenyBookstore@msmu.edu.

Katie Chiles

Denim Week



Did you know April is Sexual Assault Awareness Month? Every two and a half minutes someone is being sexually assaulted.

The sisters of **Theta Alpha Sigma** is bringing to our attention **Denim Week** and want us to be aware

and in solidarity with women. Wear your denim!

This week with CAMPUS MINISTRY



HAPPY EASTER!

Celebrate with us until Pentecost, May 24th!

COOKIES! Monday, April 20th!

MORNING PRAYER

Monday, 4/20 and Wednesday, 4/22 – 10:30AM Tuesday, 4/21 and Thursday, 4/23 – 9AM Mercy Chapel, Doheny

Congratulations to these Students who received the sacrament of Confirmation last Sunday:

Stephanie Alcantara Regina Lopez Vanessa Barragan Cenobia Chimil Genesis Cruz Kathy Duran Paola Franco Amanda Herrera

Emma Kroll

Jocelyne Ordenana Mary Elizabeth Pendleton Cattleya Jade Pia Jaqueline Nicole Sanchez Jessica Soto **Tina Torres**

Analiese Zandra C. Yu

Sunday, April 26, 7:00pm Mass at Chalon

> Questions? Contact Campus Ministry! campusministry@msmu.edu

x4125 (Chalon) x2672 (Doheny)



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CPS Tip of the Week

Are you getting enough sleep?!

It's the end of the semester, and there are finals, graduation, papers to write, meetings to go to, projects to finish and people to spend time with! Whew! That's a lot! And when we are feeling stressed, overwhelmed, or just extra busy, sleep is often one of the first things to go out the window! Don't let this happen to you! Research has shown that getting the recommended 7-9 hours of sleep per night can lead to:

- · A boost in your mood
- Improved memory
- Improved grades
- Increased attention
- Better relationships, and
- LOWER STRESS!



If you're struggling with getting enough sleep, try a few of these suggestions:

Create a healthy sleep schedule. Get to bed at a fixed time each day. Allow time to relax. Stop studying 30 minutes before going to sleep. Create a peaceful place to sleep to avoid being disturbed. Avoid alcohol, nicotine, and caffeine before bed, as they disrupt falling and staying asleep.



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



Like us on Facebook

WELLNESS

6666666666 APRIL 22nd IS EARTH DAY Son Son WHAT'S WRONG WITH THE ACTIVITY 6 IN THE CARTOON BELOW? To I NEED THIS AREA CLEARED T BY TOMORROW ... To 000 E E CO RECYCLE, REUSE, REDUCE Earth Day Word Search

animal conserve earth ecology environment growth



plant recycle reduce reuse soil water

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The Summer Job and Internship Search:

Searching for a great summer job or internship? Don't know quite where to start? Come in for a crash-course on job hunting for summer opportunities (and learn a few new tricks too!)

Monday, April 27 Building 2, Large Conference Room, 4-5 pm

The Career Path:

What happens when your career path takes a turn you weren't expecting? Learn about the new traditional career path, get vulnerable when talking about change and failure, and learn how to find the gold at the end of your road.

Plant a tree and see the mother Earth smile BARRY ARBOR DAY

Campus Security Safety Tips-

Week Fourteen: Travel and Vacation Safety— Tip 1

With the end of the semester rapidly approaching, travel and vacation plans are most likely being made or discussed. It's important to think about your safety when traveling and vacationing. Here are some suggestions you can do to keep yourself and belongings safe:

- Before you go, make sure to clean out your wallet or purse; take only essential credit cards.
- Carry your purse close to your body, or wallet in an inside front pocket. Consider wearing a money pouch under your clothes.
- Pack as lightly as possible. Lots of heavy bags will slow you down and make you more vulnerable to getting robbed.
- Expensive, designer luggage can draw unneeded attention to your belongings. Pack your things in inconspicuous bags.
- Carry-on anything you may need or of value i.e., medication, iewelry.
- Don't display expensive jewelry, cameras, bags and other valuable items.
- Stick to well-lighted, well-travelled streets at all times.
- Always lock your car, and leave valuables out of sight, preferably locked in the trunk.
- Don't leave jewelry, money or other items lying around the hotel room when you go out, even for a short while.

 Lock them in the room or hotel safes. Do not

leave them unattended at poolside or the beach either.

Make sure rooms are securely locked. Do not

leave room keys lying out at the swimming pool.

- You should know who is knocking before you answer the door. If they say they are from the hotel, confirm with the hotel operator that they are in fact from the hotel.
- Always lock the door while in the room.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive

Academic Advisement

Student Services Building 2nd Floor, Room 211

Office Hours

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Upcoming Events for the Traditional AA. Student Mount Saint Mary's University, Doheny Campus

Volume 44, Issue 30 April 27, 2015

THIS WEEK



Monday, April 27 4:00 Career Path



Thursday, April 30

11:30 Cinco de Mayo 6:30 PTK Induction



Sunday, May 3 7:00pm Mass at Chalon



Thank you, Dr. Disterhoft.

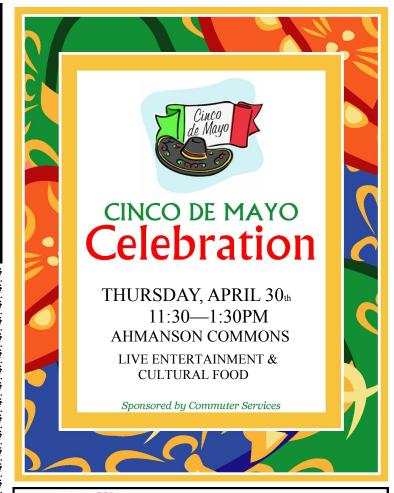
After seven years as Dean of Associate in Arts
Programs, Dr. Pat Dister-

hoft is returning to full time faculty status. She will continue to guide both the AA in Early Childhood Education, the AA in Liberal Arts/Child Development and the BA in Child Development.

We thank her for steering the Associate in Arts program, making it academically strong and encouraging students to take the actions needed to succeed.

Please take the time to thank her for being a Dean while you were at Doheny.

The new Dean will be selected and announced in the summer.





This week with CAMPUS MINISTRY

EASTER COOKIES! Monday, April 27^{7h}!



Look for more **treats** during Finals Week!

MARY CHAPEL and MERCY CHAPEL are OPEN

daily from 6:00am until 10:00pm

GRADUATION MASS at St. Vincent Church Monday, May 11, at 9:30am

Questions? Contact Campus Ministry! campusministry@msmu.edu x4125 (Chalon) x2672 (Doheny)



Mount Saint Mary's University Art Department presents

A 10 day tour May 15-24, 2016

Introduce yourself to art with this fast-paced tour of two of the world's greatest cities Earn college credit for travel

This course satisfies a MSMU General Studies requirement



THEME OF THE TRIP

The Art of London + Paris ... Experience the joy of the Birth of Modernism - see works by Impressionists, Picasso, Rodin and many others. The experience of a lifetime is waiting for you. Every detail from local restaurants to cultural discoveries has been customized just for you!

WHO SHOULD GO?

- Students interested in Art & Architecture
 MSMU Students from any discipline or program of
- study who wish to obtain college credit for travel. This course satisfies a MSMU General Studies requirement
- Adults interested in Art, Art History, and Architecture, and who would enjoy a fast-paced tour. There is free time built into the itinerary!

How to ENROLL FOR THE CLASS

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Fall 2015 OR Spring 2016 Term

Sign up for: INT-195-1 London/Paris

This course satisfies a MSMU General Studies requirement

- Each term the class will meet on four Saturdays.
- from 12 2 pm + Fall dates: Aug 29, Sept 12, Oct 10, Nov 7
- Spring dates TBD
- Students may choose to take the course

How to SIGN UP FOR THE TRIP

Online: www.efcollegestudytours.com

Tour Number: 1691575AK

Group Leaders: oup Leaders: Sarah G. Vinci, SVinci@msmu.edu Nina Berson, NBerson@msmu.edu MSMU Professors of Art History



Undergraduate residents move out by 4:00 pm. Friday, May 8, 2015 Graduating residents move out by 11:00 am, Tuesday, May 12, 2015

Residents (unless you are approved to stay in the halls past 4:00 pm on Friday, May 8) must check out of the residence halls during the following times:

> Monday, May 4 to Thursday, May 7: 8:00 am to 9:00 pm Friday, May 8: 8:00 am to 4:00 pm

Go to the Residence Desk or Hannon Lounge to turn in your keys.



Mount Saint Mary's University

Final Examination Schedule Spring Semester May 4th - May 7th, 2015

Exam Periods	Monday	Tuesday	Wednesday	Thursday	Friday
	May 4	May 5	May 6	May 7	May 8
8:00-10:00	M-W-F	T - TH	M-W-F	T - TH	In-
AM	9:10a-10:10a		8:00a-9:00a	8:00a-9:30a	House
10:30 - 12:30	M-W-F	T - TH	M-W-F	T-TH	Faculty
PM	11:30a-12:30p	9:40a-11:10a	10:20a-11:20a	11:20a-12:50p	
1:00 - 3:00 PM	M-W-F 1:50p-2:50p	T - TH	M-W-F	M-W-F 12:40p-1:40p	Work
3:30 - 5:30	M-W	T - TH	M-W-F	T - TH:	Day
PM	3:00p-4:30p	4:00p-5:30p	4:40p-6:10p	2:20p-3:50p	
6:00 - 9:00 PM S:/Universal/Res	M	T	W	TH	

A PRAYER for FINALS

O GOD.

It seems as though our lives are one test after another, weighing us in somebody's balance.

Save us from taking the coming tests too seriously or too lightly. but grant that we may reflect the best of the work we've done and the best of the teaching we've received. Amen.



News from the Business Office



Congratulations to all Athenian seniors who are wrapping up their time at the Mount! We wish you the best in all your future endeavors.

To those of you who will be returning in the fall – don't forget **your clearance deadline is June 10**! If you owe a balance for fall, pay in full or sign up for a payment plan on CASHNet before that date to keep your account clear.

The **Health Insurance Waiver Link** will be available



soon – keep an eye on your MSMU email for alerts about availability and deadlines!

The Business Office will be

open regular business hours throughout the entire summer, so if you have any questions feel free to call or visit us!



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From the Bookstore

Rental books

are due back to the bookstore by May 7th.

CPS Tip of the Week



Ways to Study for a Test



Method 1: Having a Successful	Method 2: Studying Effectively	Method 3: Reducing Test Anxiety
Studying Routine		
1. Make a study schedule. 2. Start as soon as possible. 3. Get some sleep. 4. Make time for breakfast. 5. Avoid the last minute cram session 6. Review right after waking and just before bed.	1. Assemble a study group. 2. Choose a few different places to study. 3. Take breaks during your study time (5-10 min). 4. Go for power foods (all things high in Omega-3s such as fish, nuts, and olive oil). 5. Make it fun (use colors, notecards, Quiz yourself or others, create stories to remember). 6. Separate the content into parts (Use highlighters to separate larger concepts from the finer details)	1. Take a pre-test. 2. Review that morning (if it calms your nerves). 3. Get in the zone before class (meditate, breathe, and listen to classical music). 4. Show up early. 5. Do the easy questions first (move on to what you do know. Then you can hit the hard stuff head on).



Doheny Office (213) 477-2668, McIntyre, 1st Floor Chalon Office (310) 954-4114, Humanities, 1st Floor



Like us on Facebool

WELLNESS...

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ΦΘK Induction Ceremony 2015

Congratulations to all these ladies who will be awarded during the induction ceremony

Desiree Agtaguem Emily Almazon Yadi Alvarez Nina Aquino Miranda Aviña Brianna Bagdasaryan Daniela Barrientos Melanie Bernal Vanessa Briano
Doreen Camacho
Diane Caraveo
Denise Cordero
Samantha Cruz
Elleana Dela Cruz
Stephanie Dela Torre
Isabella DeSantiago

Isabella Gacuya Cristina Gallego Priscilla Giron Rhozel Gregorio Alexandra Guardado Meredy Herrera Sharah Ilagan Darla Marin Mirna Martinez
Laura Mejia
Nicole Puga
Ashley Ramirez
Amanda Rendon
Morena Rivas
Elizabeth Rodriguez
Raquel Salcedo

Induction Ceremony Information

When: Thursday, April 30, 2015 Where: Rose Hills Auditorium

Time: 6:30pm-8:30pm Attire: All the ladies above should wear **all white**.

Schedule:

5:30pm: ALL PARTICIPANTS must be at Rose Hills by this time. You will be placed in alphabetical order and we will just have a short run through of the whole ceremony. (If you cannot make it during this time, please let us know now so that we know where to seat you during the ceremony)

6:00pm: Photography Session. We will walk to the Mansion Lawn and take plenty of pictures as a whole group and as individuals with our Advisor, Professor Sturgeon.

6:30pm: Induction Ceremony Begins with participants, family, & friends.

7:30pm: Refreshments & more pictures!

Commencement Notes

Commencement Ticket distribution has ended. If you didn't pick yours up, please talk to the person who was distributing them.

Be sure and take the **graduation survey** that was emailed to you.

Commencement Information

is on the MSMU webpage. Click on the Commencement icon at the bottom of the page. Read everything you need to know about commencement. If you have more questions, see Sr. Carol in Bldg 2 upstairs.

Commencement Mass

Monday, May 11, 9:30 St. Vincent Church

Cap and Gown Pick-up

If you have purchased your cap and gown at the Doheny Bookstore, please pick it up now. Please bring your ID to the store.

If you have not purchased your cap and gown, please do so as soon as possible because sizing is getting limited.

If you have any questions, please contact the bookstore at 213 -477-2760 or DohenyBookstore@msmu.edu.

Katie Chiles

Campus Security Safety Tips-

► Campus Security Safety Tips- Week Fifteen: ► Travel or Vacation Safety— Tip 2

Going out of town this summer? Here are some suggestions to safeguard your home while you are away.

- Make sure all windows and doors are locked.
- Have timed lights, radio or television that will turn on while you are away to support the illusion that someone is home.
- Ask a friend or family member to go by your home and make periodic checks. You may want to ask them to house sit, by staying in your home while you are away.
- Install an alarm system that will be monitored by an alarm company. They can monitor 24/7 and send local law enforcement to your home if the alarm is activated.
- If you plan to travel for a long period of time, get a temporary P.O. Box at the Post Office, UPS store or local mail center. That way your mail won't pile up and thieves won't find out that no one is home.
- Plan to receive all deliveries before you leave.
 Unattended items are a welcome sign to thieves looking to take packages or break into homes.

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